

Sno-King School Retirees



October 2005

www.sksr.org

The SKSR Bulletin

A message from our co-presidents

Proud to be a member



On the radio this morning they were listing the good things about Seattle. It made me think of the great things about the Sno-King School Retirees.

Here are a few of those . . .

1. Contact with fellow educators
2. The monthly *Bulletin* with unit news from Sno-King
3. The bi-monthly *Journal* from the state organization, WSSRA
4. An organization that works with the legislature to protect and enhance our retirement benefits
5. Opportunity to give scholarships to high school seniors interested in education
6. Interesting and informative programs
7. AMBA benefits available only to association members

. . . can you list more?

The list goes on and on. I'm proud to be a member of SKSR. You should be, too.

Our year started with a bang. At our September meeting we had a speaker from the Federal Trade Commission talk about identity theft. He gave excellent tips and provided hand-outs.

On October 20th we will have our popular scholarship luncheon. It is an opportunity to bring food AND pay to eat it! All the money goes to our scholarship and grant fund. Our speaker will talk about the Medicare Part D prescription plan. I hope all of you can attend, but if you cannot please feel free to send in a donation. Reservation and donation information are found on page 3 of this *Bulletin*.

We still need a secretary on the board. Carol Robinson has graciously agreed to help until November. We also need someone to

Alice Bingaman, Co-President

Ellie Bonanno, Co-President

Carol Robinson, Secretary

Donna Murrish, Treasurer/Directory/Mailing

Rita Requa, Grants/WSSRA Board NW-1 Representative

Diane Durall, Grants

Rachel Lake, Legislative Chair

Jack Rogers/Phyllis Fiege, Legislative

Dale Hanberg/Ed Orsborn, Programs

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

Betty Odle, Historian/Picnic/Luncheons

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

YOU'LL FIND INSIDE

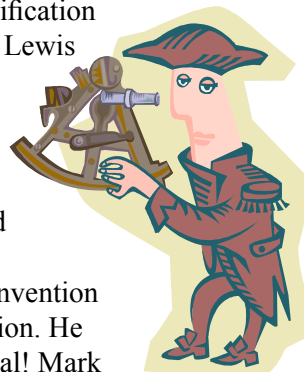
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Plan ahead a month

Special event November 17 at 7:00 PM

by Ed Orsborn, program co-chair

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 personification 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.

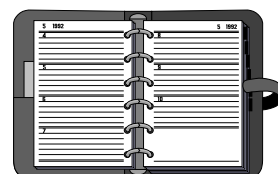


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MARK YOUR DATEBOOK

Coming Events for Sno-King School Retirees

October 20	Scholarship Luncheon—12:00
	Edmonds Unitarian Church
	Medicare Plan D prescriptions
November 17	Special Meeting—7:00
	The Shoreline Center
	Lewis and Clark Program—Gary Lentz ("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!

October 14
 November 11
 February 10

April 14
 May 12

March 10

Scholarship Luncheon

Thursday, October 20, 2005—12:00 Noon

What?

We are looking forward to seeing you at the fall Scholarship Luncheon, at noon on October 20. The luncheon is at the Edmonds Unitarian Church, 8109-224th SW, Edmonds. We always have wonderful food prepared by our members—the fall luncheon features Sno-King cooks' special salads and hot dishes.

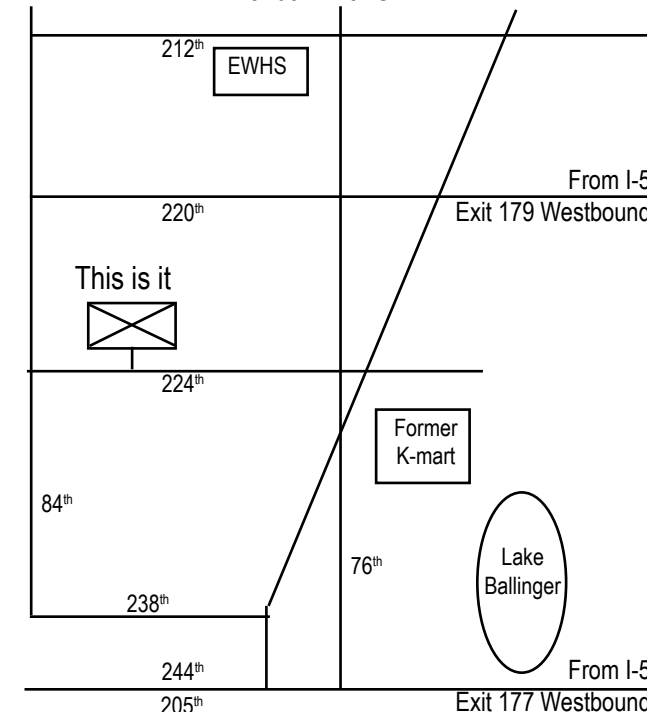
Please call Cheryl Bickford, 206-351-2631 or Betty Odle, 206-525-8276 by Monday, October 17, for reservations for the \$5 donation luncheon. If you would like to contribute food for the luncheon let Cheryl or Betty know when you make your reservations.

This is a good time to invite your retired school employee friends to attend the luncheon with you—they will enjoy the food and fellowship. And they will have the opportunity to hear a special presentation on the Medicare Plan D prescription drug plan.

If you are unable 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 and mail it to P O Box 33962, Seattle, WA 98133-0962. There is a donation form below which can be delivered to the meeting or mailed to SKSR.

Where?

Edmonds Unitarian Church
 8109 224th SW



The SKSR Scholarship Fund—how can I help?

Remember, we will take donations to the Scholarship Fund at any time. Simply use this form to send a check. 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 _____

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 Address _____
 Donor's name _____
 Address _____

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

Are you Type A or B—or C or D?

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

Personality types

Just when we thought that each of us was pigeon-holed into a type, the *Harvard Health Letter* says that new information shows some errors. The much-maligned “type A” had become synonymous with hard-driving, highly-competitive, angry and hostile. Those people were considered prime candidates for heart attacks. Previous studies appeared to indicate that cardiovascular problems went hand-in-hand with Type A. Wrong again! New research comes up with “Type D,” who are more likely to be cardiovascular candidates. The “D” is for “distressed.” Type D is characterized by negative emotions, pessimism, doesn’t share emotions and has social inhibitions.



In between is Type B, the opposite of Type A—low energy, not much get-up-and-go or emotional responses. Heart disease is about the same as Type A. Type C, not as common, is characterized by suppressed emotions is easygoing, avoids strive and tries to be well-liked.

The Type D personalities are more a risk for cardiovascular disease—it appears to be about four times as much as compared with Type A. The reasons given are that the person is trapped in negative emotions, the stress level is high and the person is reluctant to seek help. Stress levels elevate the heart rate even during sleep, resulting in constant strain on the heart. As distressing as this sounds, all is not lost. A study in the *American Journal of Medicine* on April 6, 2005, concludes that therapies such as aerobic exercise and stress management techniques have helped reduce the stress and increased the heart’s pumping power.

Gordon’s note: It would seem that additional studies are needed on this fuzzy subject. For example, does aging affect personalities? Is personality development in children a product of home and school environments?

Source: *Harvard Health Letter*, Volume 30, No. 10, August 2005, P. 3

Good news on Shingles (herpes Zoster)

According to the *Harvard Health Letter*, an adult vaccine may be available by next year. The study was published in *The New England Journal of Medicine* on June 2, 2005, and it involved more than 30,000 people ages 60 and over. Half had a placebo, the other half had a vaccine developed by Merck. After three years only half as many who had the vaccine, 315 cases vs. 642, developed shingles. If you ever had chicken pox, those vicious germs hide in nerve sacs and waited until you are older and your immune system is weaker. Then they zap you with the shingles, and some with endless grief.

One of the surprise spin-offs of the study was that those taking the vaccine were less likely to have post-therapeutic neuralgia, that painful disorder follow-up from shingles. The pain persists after the rash goes away.

The FDA filing was last April, and if it’s approved it will be only for those who have had chicken pox. The drug is 14 times stronger than the children’s vaccine.

Source: *Harvard Health Letter*, August 2005, P. 4.

Caregiving can be challenging

An article in the June 2005 *Third Age* is a reminder of resources available to family members to ease the burden of caregiving. It was written by John Peterson, aging writer.

Several of our SKSR members are caring full-time or part-time to enable a person to remain at home. When the care needs become more demanding, more than the caregiver can manage, other options must be

found. The *Third Age* writer urges caregivers to call the Caregivers Resource Line at 425-290-1240 or toll-free at 1-800-422-2024. Be your loved one’s advocate.

Source: *Third Age*, June 2005, John Peterson, “Focus on Aging,” P. 4.

Changing advice on legal issues dealing with aging

Washington has a new estate tax, effective May 17, 2005. The exemption is \$1,500,000 and rises to \$2,000,000 in 2006, but it has a heavy tax of 9% to 19% on those estates, not including the Federal tax. Certain family-owned and operated farmland and timberland are exempt from the state estate tax laws.

Health care powers-of-attorney are a little murky because of Federal privacy laws; if you need to appoint a new Power of Attorney it should be done by your family lawyer.

Healthcare directives are still valid if they are dated after 1992. Your physician should get a copy of your valid directive.

Source: Letter, Riddell Williams, August 2005, pp. 2, 3.

Medicare Drug Plan D

There has been much hype about the plan, but the

fact is that the benefits are mostly for those with total monthly income of less than \$1,097 (single) or \$1,464 (couple). There are various additional means tests besides the pennies in the cookie jar. A single person can’t have more than \$4,000 in banks; couples no more than \$6,000.

If you know of any who can qualify, urge them to fill out the forms they received from the Social Security top administrator, Jo Anne Barnhart. The applications will be reviewed and applicants will be notified if they are eligible for round two.

Source: *Secure Horizons/Pacific Care* letter by Marilyn McCullaugh, and *SKSR Bulletin* July 2005, pp. 4-7.

Mental Massage

Do not go where the path may lead. Go instead where there is no path and leave a trail.

Ralph Waldo Emerson

One thing you can’t recycle is wasted time.

Anonymous

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.
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Our membership chair speaks Each One Enroll One

by Virgil Rayton, membership

Fall is an especially good time to enroll new members as we gear up to begin our new annual program. It also allows new members to reap the maximum benefit from their annual dues. A big effort was made to contact all newly-retired staff and invite them to our July picnic as well as to join SKSR. We also intend to continue making presentations to active employees in buildings in the Edmonds, Shoreline and Northshore districts to invite new members.

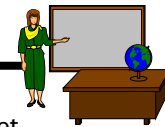
Katie Sherwood (Edmonds SD) invited our group to set up a membership table at the annual Benefits Fair in September since we collaborate with them on the spring retirement seminars.

Special thanks go to those wonderful folks who helped: Alice Bingaman, Ellie Bonanno, Sharron Cain, Jennifer Cobb, Joan Hertrich, Virg Rayton, Kay Strand and Betty Sward. In addition to making lots of delightful contacts, we gained five new members and sold six entertainment books.

Finally, and most important—if EACH of us would find just *one new member* it would enhance our local and state organizations' ability to do our important work. By facilitating that person's membership, you will be putting them in contact with a whole host of benefits. Who do you know, active or retired, who would be a good prospect? Give them a personal call and remind those busy actives that their dues help us lobby for their futures. All that remains is to have me send them an enrollment form.

Try it—you'll like it!

SKSR BULLETIN BOARD



Entertainment Books selling well

Entertainment Book sales are off to a good start. Be sure to get yours while there are still plenty on hand. Remember, there are many savings opportunities besides great restaurants. Theaters, ball games, museums and aquariums, hotels, county and state fairs, drug stores, REI, the symphony, golf courses, wineries and much more await your selection. They also make great gifts. Out of the \$30 you pay for the book, \$6 goes towards the Sno-King scholarship fund. Call or e-mail me to arrange for delivery of your 2006 book—donnamurrish@comcast.net or 206-363-5753.

Scholarship Fund donors

Thank you to the following for donations made to the Scholarship Fund:
Adah Miner in memory of Walter Barnum
Cheryl Bickford in memory of Walter Barnum
Sharon Schoenauer in memory of Lyle Bickford
Ellie Bonanno in memory of Bill Hamilton
Donna Murrish in memory of Lyle Bickford and Dot Kniffen
Don and Ruthanne Warren in memory of Lyle Bickford



Above, Meadowdale HS retirees enjoy breakfast at Chuck and Pauline LeWarne's.

First day friends

Two of the Edmonds School District's high schools' retirees enjoy a meal together on the first day of school each year—without students!



Edmonds-Woodway HS retirees gather for lunch at the Edmonds Masonic Temple.

Remembering ...

SKSR Member

Dorothy Kniffen

Dorothy "Dot" Kniffen of Bothell died August 24 at the age of 80. Dot was born January 17, 1925, Denver, Colorado.

Dot enjoyed playing the piano, teaching students, accompanying singers and playing in church. She and Don were married in 1945. She worked at Shoreline Schools as an elementary school secretary for 25 years. Throughout her life she loved music, concerts, skiing, ballroom dancing and the Seahawks.

SKSR Friend

Dorothy Revelle



Dorothy Revelle, retired teacher and administrator from the Shoreline School District, passed away on September 1 at the age of 84. Dorothy had been

a member of SKSR until the last few years.

A long-time resident of Seattle, she designed and coordinated the Shoreline School District's district-wide SLD program which addressed the educational needs of the Dyslexic child.

Grass Roots Project

by Barbara Berg

I visited with Sno-King members Charlotte Cordner and Judith Guion and saw how they are assembling activity packets for children who are victims of Hurricane Katrina and shipping them to shelters throughout the Gulf region wherever they have a contact person.

Their first shipping went to a Red Cross shelter in San Antonio and to Judith Guion's brother. They would like to continue this project as long as the shelters are housing evacuees and their supplies last. The two women have been making contacts with teachers and children in some of the local schools. Any help our members are able to give would be greatly appreciated.

The packets are being made for children ranging from kindergartners to sixth graders and contain the following items: two number 2 pencils, pencil sharpener, box of eight crayons, a 70-80 page spiral notebook and an activity or coloring book in the \$2.99-3.99 price range. The items are put into a two gallon plastic bag.

Donations in the form of money to cover supplies and shipping are needed. People may want to purchase the supplies, and then call the numbers at the end of this article to have materials picked up.

Anyone attending our monthly meeting already received a letter explaining this project. This seems like a worthy project for the children displaced by the disaster.

I applaud these two Sno-King members, Charlotte and Judith, for taking on this humanitarian project.

Contact the following people for more details or for pickup of supplies:



Judith Guion (j.guion@comcast.net)
Charlotte Cordner (425-338-9109)
Barbara Berg (425-483-2671)



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



Fall 2005 dates

October 10-11 November 14-15
December 5-6



Sno-King School Retirees
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HELP US WITH INFORMATION TO PUT IN THE BULLETIN

The deadline for the next newsletter is 8:00 AM, Sunday, October 16.

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, October 25, call Betty Odle (206-525-8276),

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

Members on the Move

Changing information

- 16 Bliss, William H, correction on email address: blissb3@comcast.net
- 22 Crosby, Susan S, 680 Randolph Ave, Mukilteo 98275-2034, 425-514-8968
- 29 Gose, Robert L, 10307 - 15th Ave NE, Seattle 98125
- 35 Johnson, Carole J, 1004 Commercial Ave #1101, Anacortes, WA 98221-4117
- 40 Lineberry, Alan G, 714-9th St, Snohomish 98290, 360-862-1535
- 48 Otness, Jean H, 8178 Skeena Way, Blaine, WA 98230, normjean@gte.net
- 55 Salvino, Lana J, 1739 Manhattan Dr., E. Wenatchee, WA 98802-8417
- 58 Smith, Robert E, 4709 Phinney Ave N, Seattle 98103-6343, 206-782-5090
- 59 Stevens, Louise, P.O. Box 1068, Winthrop, WA 98862-1068
- 65 White, Dan A, 9119-206th St SW, Edmonds 98026-6657, kb7hnd@verizon.net

- 12 Anderson, Mary J, 8424 NE 169th Pl, Kenmore 98028, 425-485-9032
- 14 Bassett, Roberta L (Bobbie), 7619-45th Pl W, Mukilteo 98275, 425-267-9840
- 22 Cumming, Ann J, 17732 Corliss Ave N, Shoreline 98133-5158, 206-363-7096
- 26 Engels, Jennifer A, 6513-208th St SW #J13, Lynnwood 98036, 425-744-1256
- 33 Hubacker, Gloria, 9602-20th Ave NE, Seattle 98115, 206-527-5103
- 56 Scott, Robyn L, 112-12th Ave N, Edmonds 98020, 206-940-8859
Deceased
- 16 Blakely, Lee, August 10, 2005 (Northshore)
- 37 Kniffen, Dorothy E (Dot), August 24, 2005 (Shoreline)
- Revelle, Dorothy, September 1, 2005 (Shoreline)



New Members