

# Sno-King School Retirees



September 2005

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

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## The SKSR Bulletin

A message from our co-presidents

### New Beginnings



Alice Bingaman  
425-778-1343



Ellie Bonanno  
425-778-0751  
[ejbonnanno@aol.com](mailto:ejbonnanno@aol.com)

It is hard to believe, but summer and vacation time are almost over. A new school year is starting. We wish them all—students and staff—a good beginning and a successful year.

It is a new year for our organization also, and time to think about the goals for which we need to strive. There are three of particular importance to improving our group.

First, we all need to work on bringing in new members. If each of us brings in just one, we will have a banner year with new vitality in our organization. Wouldn't that be great?

A second goal is to work toward legislation to improve our pensions, with the objective of a true COLA. Without that, our pension will continue to lose its buying power. Over the last 10 years our purchasing power has decreased by one-third, and that was before the price of gas almost doubled!

A third goal is that of having interesting programs of importance to our members. These should attract more members and encourage more to take an active part in our group if their interests and needs are considered. Happily, we have two gung-ho program chairmen, Ed Orsborn and Dale Hanberg, and plans seem to promise this.

So let us set our sights on the continuing success of our organization as one that provides both information and fun. We welcome your ideas and comments on the above. It is *your* group and should reflect what you would like it to provide.

Let us all work together to make it a great year. Our picnic was a happy way to end last year and begin a new one. If you missed it, we hope you'll promise yourself you won't miss this year's events. Check the calendars on page 2 and become more active with old and new friends who share your interests and goals.

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www.sksr.org

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

September 8	February 9
October 13	March 9
November 10	April 13
May 11	

Attend the September meeting

**Protect yourself from ID theft**

On Thursday, September 15, SKSR will hold its first meeting of the school year at the Edmonds School District Educational Service Center (20420 68th Avenue West, Lynnwood). Refreshments will be served at 1:00 and the meeting will start promptly at 1:15.

Joseph Lipinsky from the Federal Trade Commission will give a presentation on protecting yourself from ID theft. Older Americans are among the group most often hurt by scam artists and ID thieves, so this program should help members guard against the dangers that can occur from ID theft.



Plan to attend—and bring a potential member with you.



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**MARK YOUR DATEBOOK**

**Coming Events for Sno-King School Retirees**

September 15	General Meeting—1:00 Edmonds School District ESC <i>Joseph Lipinsky—ID Theft</i>
October 20	Scholarship Luncheon—12:00 Edmonds Unitarian Church <i>Plan D Medicare prescriptions</i>
November 17	General Meeting—1:00 Edmonds School District ESC <i>Lewis and Clark Program</i>
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



## Now is the time to contact your legislators

by Rachel Lake, legislative chair

Have you read the latest article by Leslie Main, WSSRA legislative coordinator, in the August-September *Journal*? It is a wonderful history of where we are in pension funding, purchasing power, the unfunded liability and what options are being studied. For many of us, 40% or more of our purchasing power has been eroded, and the longer TRS/PERS 1 retirees go without benefit improvements, the more it will cost the state to rectify the situation. The statutory date for full amortization of this unfunded liability is June 30, 2024.

Last year's Legislature directed the SPPP to report back by December 5, 2005, as to what the options are. A gain-sharing subcommittee has been formed and a state attorney general has been requested. The WSSRA staff is working with WSSRA's Legislative Committee to develop statements of positions on each of the following gain sharing options: repeal, delay, suspend, make discretionary or other benefits.

How can you help? "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 would be helpful," according to Leslie. She can be reached at 1-800-544-5219 or [leslie@wssra.org](mailto:leslie@wssra.org).

If you wish current updating on the progress of this committee, contact me at 206-362-5611 or [RachelMLake@comcast.net](mailto:RachelMLake@comcast.net). I will be happy to forward WSSRA's *Legislative Insight* to you as I receive it.



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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](mailto: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

September 12-13    November 14-15  
October 10-11    December 5-6



Health tips for you

## Hot or cold for pain management?

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

### Relieving aches and pain

We all know how summertime and fall gardening, sports and other activities can bring more pain as we age. The way to deal with sore muscles and stiff lower back, etc., may be to wear heat patches. This is the same as heat therapy but convenient for those on the go (but not great in hot weather).

The Mayo Clinic says that to soothe inflamed muscles, heat isn't the first step. For strains and sprains, it is better to apply cold packs for about 20 minutes at a time, every four to six hours for a few days. The benefits of using cold in this way is that cold reduces swelling, allowing cell tissue to survive a temporary lack of oxygen; constricts blood vessels, minimizing bleeding; and acts as a local anesthetic. Ice packs of frozen veggies are very useful but should be wrapped in a dry cloth to prevent frostbite.



Heat should not be applied to an injured muscle or joint right away because it stimulates blood flow and thus increases swelling. It's okay to do so about two days after an injury. Heat relaxes sore muscles and reduces pain. It's better for arthritis than cold is. Wearable heat packs are effective on a short-term basis. Chemicals in these wraps warm up when you open the package and can be used even when sleep.

Mayo Clinic studies show that heat packs were more effective than drugs. The pain relief and muscle-relaxation may last 24 hours or more. Wearable heat therapy products range in price from \$5 to \$10 for a pack of three, found in most retail and drug stores.

Source: *Mayo Clinic Health Letter*, "Hot and Cold Treatments," August 2005, P. 7.

### 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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### The August 2005 AARP Magazine

Please read this publication. It has some unusual articles, including "How to Live Longer" on page 46 and "Write an Airtight Living Will" on page 32. It also has good suggestions on writing exactly what kinds of medical care you do and do not want. There's advice on appointing a guardian to carry out your wishes. Get a free copy of AARP's *Planning for Incapacity*. Call 202-434-2778 for more information.

Also, there are more interesting articles never seen before in an AARP magazine starting on page 55.

### Marital trouble

Keeping a marriage happy can call for hard work. Early in marriage, children and jobs can put much stress on a loving couple. But as we age, health problems can be an added load to marital harmony. Problems of hearing loss, lack of mobility, chronic pain, memory loss, etc., can seriously affect your interaction. The first step in these stressful times is to recognize that a health



issue—caregiving—is affecting how you and your spouse get along.

Sometimes solutions can be found through your doctor, church, marriage support groups, family and internet web sites (the American Association for Marriage and Family Therapy is found at [www.aamft.org](http://www.aamft.org)). But the best suggestions from Mayo are summed up: Are we as cordial to each other as we would be to a stranger? If not, make it a habit of being polite and cordial to each other. Just be grateful for every day you have together. Try to forgive past wrongs. Try choosing words carefully to give a

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positive tone to helpful hints to your partner.

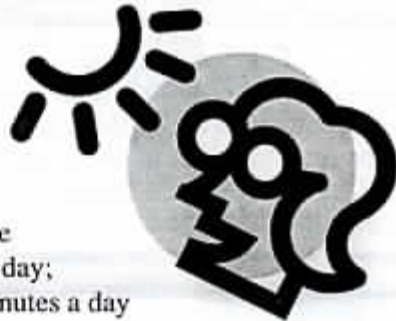
For better or worse, you have made this commitment—you care for each other very deeply. If changes are needed to improve the relationship, make them.

Source: *Mayo Clinic Health Letter*, August 2005, P. 6.

**More suggestions**

Here are some cheerful suggestions from the Stevens Hospital staff. A positive outlook has been shown in studies to have a beneficial effect on the mind and body. If you are a pessimist, try joining a support group. Manage your time and make room for some activities you enjoy.

Keep a journal record with one positive thought each day. If you are tired all the time, try these: Eat a good breakfast—it gives more energy throughout the day; exercise at least 30 minutes a day



three times a week; do away with caffeinated drinks—replace coffee and soda with water; plan a vacation; get on a regular sleep schedule of seven to nine hours, and if this doesn't work some casinos are open 24 hours a day (Gordon's comment!).

Source: Stevens Hospital's *Living Well*, August 2005, P. 2.

**Mental massage**



Life in the twentieth century is like a parachute jump—you have to get it right the first time.

*Margaret Mead*

Be nice to people on your way up, because you might meet 'em on your way down.

*Jimmy Durante*



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## Active members— apply now for grants

by Rita Requa, grants chair

Once again SKSR is offering an opportunity for our active members to access grant money for a special project, be it additional supplies, field trip funds, incentives for students, etc.

The application process is easy. Just send your name, grade/subject/level, school, district and a short paragraph which includes the amount you need and what the grant will fund.

Email your application to rrequa@earthlink.net. The deadline is September 16. Grants will be awarded by September 30.

Shown below are pictures from Susan Jackson's grant last year. Susan teaches fourth grade at Arrowhead Elementary in Northshore and used her money to support the printing of playbills and costumes for a special presentation at the Paramount Theatre. The complete writeup was in the July *Bulletin*. The pictures were inadvertently omitted in that issue.



*Practice makes perfect. Susan Jackson's fourth graders practice and then perform at the Paramount.*



## SKSR BULLETIN BOARD



### Entertainment Books

Once again, your annual Entertainment Book is waiting for you. It's still at a bargain price of \$30 (that's \$5 off the cover price of it) and it's still full of money-saving opportunities. Many of you say you never use it after you buy it (I often do the same) but the other day I was looking through the new book and saw a coupon for a store I was going to anyway. Since last year's book is still good until November, I took the coupon from that one, went to the store, and saved 20% on my purchase—it saved me \$32, more than the price of the book! So my message is—get the book, take a good look through it and take advantage of some of the offerings. You'll be glad you did!

Get your Christmas shopping done early—get a couple of extras for an easy solution to gift-giving. To get your book, email Donna at donnamurrish@comcast.net or call at 206-363-5753. Remember that a portion of each book sale goes towards the Sno-King Scholarship Fund. This is one of our major fund raisers for that purpose.

### Teachers wanted

Menachem Mendel Seattle Cheder is a small orthodox Jewish school seeking teachers who are interested in part-time positions and/or substitute work. You need not be Jewish to teach at our school. MMSC is located in the Seattle University District. For more information, contact Marcia Rodes, Education Director, at 206-523-9766.

## Remembering . . .

### SKSR Member

#### Lee Blakely



Lee Blakely, former teacher and administrator in the Northshore School District, passed away on

August 10, his 87th birthday.

A graduate of Eastern Washington College, he began teaching in Plaza, where the total enrollment was 40 students. From here he went to Parker and Okanogan. After receiving his administrative credential from WSU in 1955, he became principal at Kenmore Elementary and then served as superintendent of the Northshore School District from 1974-1981.

Lee is survived by his wife of 64 years, Velma, two daughters, two grandsons, a great-granddaughter and other family members. A private service was held.

### SKSR Friend

#### Lyle Bickford



Lyle Bickford, husband of SKSR board member Cheryl Bickford, passed away August 12 at the age of 86.

Born in Canada, Lyle entered Western Washington College in Bellingham where he met Cheryl at the piano teacher's studio.

He taught in Ocosta and Shoreline, and then went on to receive a master's degree in music from the University of Washington.

Lyle was an active musician and spent many years editing the publications for Local 76 of the American Federation of Musicians.

He and Cheryl were married for 58 years.



## 2005 SKSR Picnic lets members connect with old friends and meet new friends

Though the day started out with a weather concern, the sun recognized the importance of the SKSR picnic and broke out just prior to the meal. More than 50 members gathered at the Edmonds City Park to welcome our new retirees and to spend time connecting with friends.

Outgoing presidents Ellie Bonanno and Donna Murrish were recognized for their service, while incoming presidents Ellie Bonanno and Alice Bingaman were introduced to the gathering.



(Left) Members await being served Betty Odle's popular meatballs. (Above) The early morning clouds didn't dampen the spirits of those attending when it came time to eat.



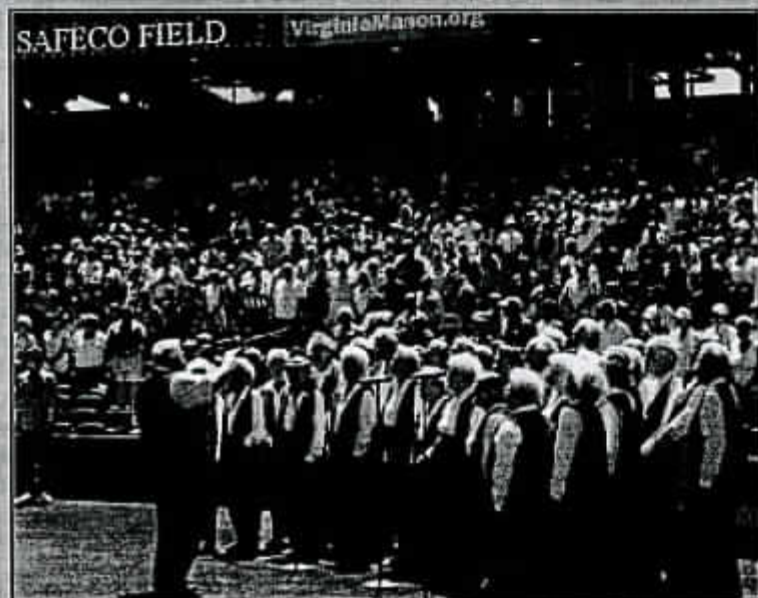
New retirees Diane Durall and Darlene Felder are recognized by SKSR membership chair Virg Rayton.

## Sound Singers perform national anthem for baseball

The Sound Singers, directed by SKSR past president Bob Jones, performed the *Star Spangled Banner* at a Seattle Mariners home game on Sunday, July 17, and at an Everett Aquasox game on Wednesday, July 20.

The Sound Singers are an all-volunteer group of area residents who enjoy singing. They rehearse regularly and perform throughout the area.

In addition to conductor Bob Jones, SKSR members Roberta McKee and Rachel Lake, as well as Rachel's husband, Ken, are in the Sound Singers.







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

The deadline for the next newsletter is 8:00 AM, Sunday, September 18.

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

To help with mailing our next **Bulletin** on Tuesday, September 27, call **Betty Odle** (206-525-8276),

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

**Members on the Move**



**Change of Address**

- Pg 16 **Bliss, William H**, change email address to: [bliss3@comcast.net](mailto:bliss3@comcast.net)
- Pg 18 **Buckner, Claudia**, 1603 Tartan Pl, Anacortes 98221-3127
- Pg 19 **Cameron, Kathleen**, 8027 Dibble Ave NW, Seattle 98117-3244
- Pg 20 **Charbonneau-Detert, Marcia C**, 21113-77th Pl W Apt 17, Edmonds 98026-7154
- Pg 32 **Hills, Shirley S**, 525 Indian Princess Dr #101, Las Vegas, NV 89145, 702-240-8451
- Pg 37 **King, Charles**, 7111 NE 181st St Apt 413, Kenmore 98028-2403
- Pg 47 **Nielsen, Ruth**, 19361-53rd Ave NE, Lk Forest Park 98155-3023
- Pg 47 **Nordeen, Evelyn E and Robert C**, 1005 - 5th Ave S. #201, Edmonds 98020-4051
- Pg 48 **Olmer, Denise E**, change zip code to 98087
- Pg 49 **Panush, Ann N**, 40 Cleveland St, Pt Hadlock, WA 98339, 360-385-3656
- Pg 59 **Stebel, Gloria**, 2018 Mill Pointe Dr SE, Mill Creek 98012-4800
- Pg 60 **Swanson, Adell A**, 750 Edmonds Way #101, Edmonds 98020

- Pg 61 **Thompson, Angela K**, add email address: [ng.edon@hotmail.com](mailto:ng.edon@hotmail.com)
- Pg 65 **White, Richard S**, 1717 Rockefeller Ave Apt 327, Everett 98201, 425-252-7789
- Pg 66 **Wilcoxon, Hazel**, PO Box 1942, Petersburg, AK 99833-1942
- Pg 66 **Williams, Shirley A**, change email address to: [saw@wsucougars.com](mailto:saw@wsucougars.com)

**New Members**

- Pg 16 **Bloom, Judy E**, 101-222nd St SW, Bothell 98021-8308, 425-481-5085
- Pg 26 **Felder, Darlene M**, 21816-76th Pl W, Edmonds 98026, 425-775-9624
- Pg 34 **Inaba, Gil**, 19251-16th Ave NE, Seattle 98155, 206-364-3594
- Pg 39 **Lee, James N**, 19305-89th Pl W, Edmonds 98026-6117, 425-778-1801

**Deceased**

- Pg 16 **Blakely, Lee**, August 10, 2005 (Northshore Dist)