

Sno-King School Retirees



July 2006

www.sksr.org

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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

The SKSR Bulletin

A message from our co-presidents

Thanks to many



Ellie Bonanno
425-778-0751
ejb2026@verizon.net



Alice Bingaman
425-778-1343
wlb76761@msn.com

Fifteen members journeyed to Yakima in June for the Washington State School Retirees (WSSRA) Convention. A salute and thank you was given to all volunteers and veterans. The stories and pictures of veterans from our unit as well as others were displayed in a special room.

Entertainment was provided by retirees from all over the state singing patriotic songs and accompanied by Bruce Caldwell. They were so good they only had to have one practice!

Serious business was also conducted. A budget was passed and state committees were streamlined and combined. This will save money and I feel will be more effective. Other issues were debated. The third day we broke into groups and discussed ideas to help us this coming year. It was a great convention.

This message will be both looking back and looking forward. Our board worked hard and spent many hours keeping this organization perking along. Do thank all the members of our board. I'm going to name a few.

Bruce Caldwell has been the editor of the **Bulletin** and doesn't receive enough credit for the professional and informative editions he puts out. We think it just happens magically. **Jo Caldwell** has also been a positive force to our group in between being editor of our state Journal.

Carol Robinson graciously continued to be our secretary last fall until we found **Irma Snook**. Both are so capable, and we are fortunate. **Donna Murrish** has so many hats. She is the treasurer and

see PRESIDENT on page 7

YOU'LL FIND INSIDE

President's Message 1
 Calendar of Events 2
 Convention Summary 2
 Picnic Information 3
 Health Tips 4
 Bulletin Board 6
 Editors' Message 6
 Legislative Update 7
 Members on the Move 8

SKSR delegates enjoy convention and leadership meetings in Yakima

This year 15 members of SKSR represented our unit at the WSSRA state convention and leadership meeting in Yakima. While enjoying great camaraderie with each other as well as members from around the state, the delegates also were kept up-to-date on the work being done by WSSRA to protect and improve our pensions and other benefits.

Once again combining the convention and leadership into one event, on Wednesday the delegates attended workshops to improve their skills for their positions. **Bulletin** editors Jo and Bruce Caldwell presented the workshop for newsletter editors.

Scholarship raffle basket

Every unit in the state contributed a basket of goodies for the WSSR-Foundation raffle. Convention-goers bought tickets (\$5 each) for an opportunity to win a basket. The money contributed is used to give scholarships to high school seniors around the state.

This year our unit put together a Mariners basket with two tickets to a game in August and Mariner



The SKSR basket

memorabilia. Those contributing were Rachel Lake, Norm Hansen, Donna Murrish, Lynda Hughes, Virg Rayton, Marlene and Dave Johnson and Ellie Bonanno. The Mariners also contributed some items including a cook book, DVD, Ichiro nesting doll, etc. Thanks to everyone for making it a great basket!



Convention delegates (back, l-r) Don Warren, Bruce Caldwell, Virgil Rayton, Evelyn Nordeen, Bob Nordeen, Rita Requa, Donna Murrish, Earl Garrison. (Front, l-r) Jo Caldwell, Bob VanNess, Betty Odle, Alice Bingaman, Ellie Bonanno, Roberta McKee, Betty Garrison.

www.sksr.org

SKSR Board Meetings

Second Thursday
 1:00 PM, Edmonds SD ESC
 20420 68th Ave W, Lynnwood
 Everyone welcome!

September	March
October	April
November	May
February	June



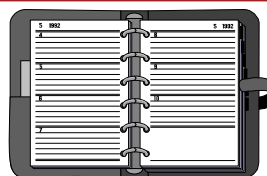
For all your real estate needs call

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MARK YOUR DATEBOOK

Coming Events for Sno-King School Retirees

July 21 SKSR Picnic
 Edmonds City Park

Annual picnic July 21

Summer fun recognizes new retirees

We invite all members to come to the Sno-King School Retirees picnic to honor those who have just retired.

New retirees and their escorts from the Edmonds, Northshore and Shoreline school districts will be our special guests at our annual picnic. Sno-King retired members will make a \$5 contribution to help defray the costs.

Our Sno-King Board furnishes the wonderful food you will enjoy and past president Bob Jones has promised to bring his "music machine" to entertain.

We have our shelter reserved from 10:30 to 5:00 so we will have lots of time to visit. We will plan to eat promptly at noon. Look for balloons and Sno-King members in their bright turquoise T-shirts.

Teachers who have received grants from our unit this year are invited to come to share the results of their grants.

Active teacher members—this is a great time to relax after a busy school year and to renew friendships with your retired friends.

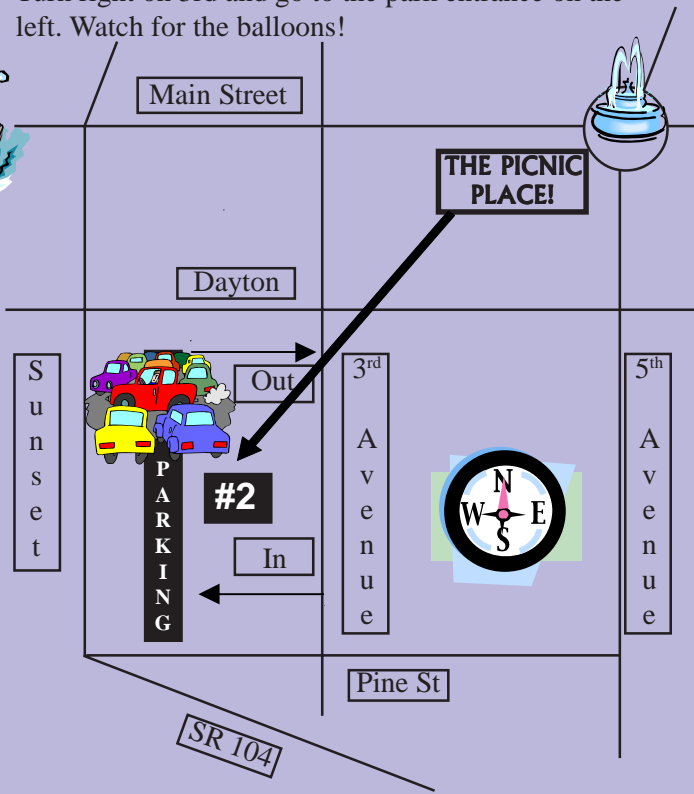
Sno-King retirees—this is a special time to invite some of your retired friends who are not members. When they see what a great group we are, they are bound to want to be a part of our organization.

Please RSVP by July 14 to Betty Odle, 206-525-8276 or send an e-mail to bettyholmodle@msn.com, so we will know how much food to prepare.



Directions to the Edmonds Park

Take SR 104 (Edmonds Way) to Edmonds. DO NOT take arterial off-ramp to Edmonds-Kingston Ferry. Follow 5th Avenue South (toward downtown Edmonds) to Pine St. Turn left on Pine to 3rd Avenue. Turn right on 3rd and go to the park entrance on the left. Watch for the balloons!



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 2006 dates

Will be announced in the September issue of the Bulletin

Health tips for you

Aging with grace and comfort

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

New heart regulator

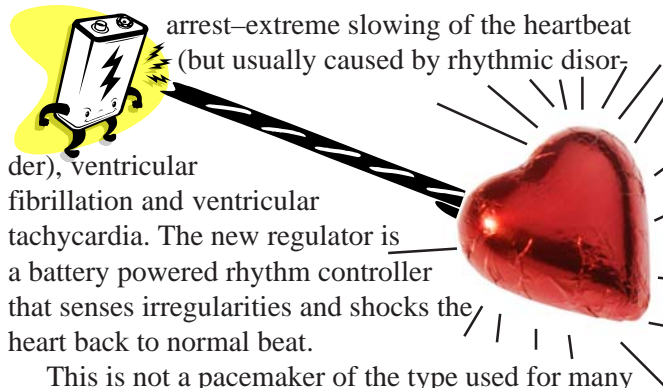
The new Implantable Cardioverter Defibrillator (ICD) from the Mayo Clinic protects the patient from cardiac arrest. Such occurs when the heart's electrical system suddenly malfunctions and the heart stops pumping blood. Sudden heart/cardiac arrest is responsible for half of all heart disease deaths.

There are several causes of cardiac arrest—extreme slowing of the heartbeat (but usually caused by rhythmic disorder), ventricular fibrillation and ventricular tachycardia. The new regulator is a battery powered rhythm controller that senses irregularities and shocks the heart back to normal beat.

This is not a pacemaker of the type used for many years to stimulate only one side of the heart (right ventricle), but stimulates both sides to make the heart more efficient—very important to congestive heart patients. The ICD controller placed under the skin is about the size of a small bar of soap but is a marvel of technology, recording heart activity that a doctor can use to evaluate and monitor rhythm variations. The ICD can be reprogrammed from outside the chest—no surgery required.

For most of us, we can be thankful that new hope can come to those with the threat of sudden cardiac arrest. The ICD should reduce the stress of constant worry. Even the battery is good for seven years and can be replaced on an outpatient procedure (one can drive a car again after a month).

Source: *Mayo Clinic Health Letter*, June 2006, pp 1-3.



New insulin inhalant

This is the first inhaled form of insulin. Recently approved by the FDA, it should be on the market this month according to the maker, Pfizer. The product, called “Exubera,” is a hormone that regulates body sugar and is inhaled and absorbed by the blood instead of needing an injection.

Source: Associated Press, Bloomberg News, *Seattle Times*, June 11, 2006, P A4.

New vaccine for shingles/herpes zoster

This is only for adults age 60 and older who have had chicken pox. There are about one million new cases of shingles each year, and Merck Corporation, maker of the drug Zostavax, says through their spokesperson that more than 90% of adults carry the chickenpox virus. More than half of all people who reach age 85 will develop shingles. Pain and suffering can continue for years as the virus continues to cause blisters for some patients.

Shingles occurs when the chickenpox virus re-emerges like a bear out of hibernation—after a long dormancy in nerve cells. The vaccine doesn't prevent the initial infection, but instead helps prevent the reemergence of the virus by boosting the patient's immunity, according to Dr. Jesse Goodman, director of the FDA's Center for Biologic Evaluation and Research.

Source: Knight Ridder and Associate Press, *Seattle Times*, May 27, 2006, P. A8.

Early treatment to prevent kidney disease

Chronic kidney disease (CKD) is one of the possible problems of just growing older, but this decline of your kidney's ability to filter waste products from your blood can be slowed or stopped if detected early. That should be good news to the 10- to 20-million Americans who have CKD and don't even know they have it. The saving grace is that kidneys have a fantastic spare

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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**YOUR HANDY-DANDY MAN
AND AUTO BODY REPAIR**
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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work capacity. They can lose 75% efficiency and still perform normally. We would like to say this is great, but before you realize anything's wrong, CKD can be quite advanced.

To keep kidney disease/uremia from sneaking up on you, ask your doctor to test it if you're age 60 or older. Risk factors include swollen feet and ankles, puffiness around the eyes (especially morning), fatigue and weakness, poor appetite, nausea or vomiting, sudden weight change, difficulty concentrating or remembering, difficulty with muscle twitches or cramps, itching, numbness in feet or hands, headaches, sleep disorders, darkening skin, gastrointestinal bleeding and bad breath.

Despite all the above, your heart continues to pump and filter about 50 gallons of blood a day, separates waste and puts about a half gallon in your bladder. The rest is pumped back to the heart for recirculation. Oddly, in the early stages of CDK, urine production may increase because the kidneys lose some of their ability to collect waste.

Half of all end-stage kidney disease is blamed on diabetes, both types 1 and 2. The best factors to protect against diabetes/CDK is the control of sugar levels and

control of hypertension (high blood pressure, which should target a goal of 130/80 or lower). Hypertension can be treated by angiotensin-converting enzyme inhibitors. Also, ask you doctor about other classes of drugs—beta blockers, etc.— that are very effective. It's very important that blood pressure is kept at the low level— kidney damage causes hypertension, and hypertension causes kidney damage.

The Mayo Clinic's eight-page *Medical Essay on Chronic Kidney Diseases* stresses early treatment to avoid diabetes, dialysis or transplant. The message repeatedly is "Ask you doctor for a kidney function test." Keeping your weight under control may save your life.

Source: Mayo Clinic Medical Essay, June 2006, pp 1-8.

Mental message gems

Car accident reports to the insurance company:

- *The telephone pole was approaching fast. I was attempting to swerve out of its path when it struck my car*
- *My car was legally parked as it backed into the other car.*

Affordable Living for Exceptional People

This retirement community is a full-service monthly rental facility

Sponsored by:

The Seattle Education Foundation

A not-for-profit group of active and retired Seattle school educators

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- ◆ 24-hour staff & security
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- ◆ Washers & dryers in each unit
- ◆ All utilities including cable & TV
- ◆ Breakfast & evening meal served daily
- ◆ Beauty salon/barber service on site
- ◆ Free scheduled transportation
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Affordability - Comfort - Beautiful Setting



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at Bothell

A Retirement Community Sponsored by Educators

PO Box 2107 ■ Bothell, WA 98041-2170

Adjacent to Northshore Senior Center

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17502 102nd Ave. NE ■ Bothell, WA 98011

Thanks for the memories
by Bruce and Jo Caldwell

In the seven years we have been editing the **Bulletin** we have made many new friends and enjoyed our experiences. Serving on the SKSR board has given us the opportunity to work with colleagues from our own Edmonds School District, the neighboring Shoreline and Northshore districts and across the state.

We have learned much about the retirement system and the legislative work that needs to be done. We have seen dedicated professionals working to improve the pensions and benefits not only for our current retirees, but all those who will follow in the future.

These relationships and tasks have made it difficult for us to step aside as editors of the **Bulletin** (and for Jo to leave the Journal). But we are not really retired. We both work for the Washington Music Educators Association (WMEA), and those “part-time retirement jobs” have blossomed into nearly “full-time, non-retirement jobs.”

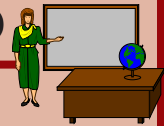
In order to have some time for us (e.g., we do like to travel!), something has to give and, sadly, at this time our publishing work with our retiree organizations is that which has to give.

We do plan to stay in touch with SKSR and will serve on the board. We will help Donna with the directory. We thank all those who have made our job so easy and enjoyable, especially those who have contributed information to be in the **Bulletin**. We couldn't have done it without you.

We hope that one of you will step forward and ensure the continuity of the publication.

Thank you again for seven great years.

SKSR BULLETIN BOARD



WANTED: BULLETIN EDITOR



This is the last issue of the Bulletin that Bruce Caldwell will put together. He has done a spectacular job as our editor for seven years. Now he and Jo want to travel and pursue other interests. We posted this in last month's *Bulletin*. No one has stepped forward at this time. I know everyone is traveling and gone for a few months or they have taken on many commitments.

I am sad to see this happen as the *Bulletin* is our connecting link and a wonderful way to keep in touch as well as having useful and enjoyable information. Bruce says it takes him about five hours to put it together, and he is willing to help train someone. Do step forward to help your organization.

Ellie Bonanno, co-president

SKSR ByLaws Amendment

The SKSR Board has approved the following Bylaws Amendment (strike through is old language; underlined> is new language:

“ARTICLE IV – MEETINGS

A minimum of ~~six~~ five events per year will be held on a schedule as recommended by the president and approved by the executive board.”

Rationale: The SKSR Board thought that 5 meetings a year was adequate. Attendance at our meetings is relatively low. It was felt that two scholarship lunch meetings, October and April are usually well attended, as is our July picnic and our lunch meeting with Sno-Isle. There is a need for only one additional organizational meeting each year. The executive board will continue to meet monthly to take care of the business of the association.

The vote on this amendment will occur at our July 21 picnic at Edmonds Park.

SKSR Treasury Information

Scholarship Account	
Income	
Donations	\$425.00
Memorials	\$835.00
Entertainment Books	\$486.50
Luncheons	\$540.00
Bank Interest	\$1.54
Expenses	
Scholarships	\$4,000.00
Balance	
Balance	\$962.40

Regular Account	
Income	
Sales/Raffles	\$265.00
Retirement Planning	\$70.00
Dues	\$13,635.00
Ads	\$795.00

Expenses	
Conference	\$2,718.86
Grants to Teachers	\$1,400.00
Health Services	\$51.00
Hospitality	\$67.43
Insurance	\$271.00
Membership Expansion	\$94.68
Memorials	\$450.00
Mileage	\$63.08
News Postage	\$2,480.00
News Printing	\$2,275.03
News Supplies	\$78.32
Office Supplies	\$293.86
Programs	\$591.54
PO Box, Room Rentals ..	\$315.00
Scholarship Endow	\$2,000.00
Web Page	\$150.00
Balance	
Balance	\$5,410.43

PRESIDENT *from page 1*

keeps accurate account of our 1,100+ members, prints the labels and mails the **Bulletins**. What would we do without her?

Rachel Lake is a super legislative chairperson and served on the state committee. She lobbied our legislators when walking was very painful for her. She keeps us informed of legislative issues. **Ed Orsborn** and **Dale Hanberg** planned special programs for us, including one on Lewis and Clark.

Betty Odle arranges, organizes, sets up and cleans up for the scholarship luncheons and picnics. You can always be sure it is done correctly if Betty does it.

Rita Requa is on the WSSRA state executive board, which requires a lot of meeting and time. She still arranges for the grants for our active teachers.

Virg Rayton did numerous things to encourage new members, including writing letters and going to benefit fairs and visiting schools. We received a state award for the largest increase in automatic dues deductions, and we had an increase of 41 new members.

Bob Jones continues to help us in so many ways. He arranged for us to be at the Edmonds Benefit Fair, handled the retirement seminars, and plays at our picnics. He is also on our state community service committee.

Gordon Bowers keeps us informed of the latest health news at our board meetings and writes great articles for the **Bulletin**. **Winnie Smith** and **Margaret Kernkamp** sent a bit of sunshine in a card to many of our members.

Linda Fitzgerald and **Keith Lindaas** are the people responsible for finding the seniors for our scholarship awards. They do a fantastic job of it.

Ever wonder how the cookies were available at our meetings? Do thank **Marlene Johnson** and **Marilyn Alaniz**. **Barbara Berg** keeps our scrapbook up-to-date. **Ruthanne Warren** is the friendly voice calling for volunteers.

There are many others who have helped to make this year a success. This is the last presidential message from Alice and Ellie as our term is over. No one has stepped forward to serve as 2006-2007 president, so our organization may have to continue in another way, perhaps by committee. Please consider serving.

Let's look forward to the picnic July 21st. Mark it on your calendar—yes, it is a Friday—at the Edmonds City Park. Bob Jones will play for us, and we hope many of our new retirees will attend. Perhaps our grant recipients will be come and tell us how they used the grant money in their classrooms. See you at the picnic.

Contact the governor between July 17 and July 28

By Rita Requa, WSSRA state board member

WSSRA is one of 16 organizations in the "Pension Pals" Coalition. The coalition is concerned that the governor will neglect to include any gain sharing benefit in the governor's next budget. In order to let the governor know the coalitions' concerns, a schedule for a communication blitz has been established. Each coalition member has been assigned two two-week periods, starting June 18 through November 17. WSSRA members are asked to bombard the governor with messages for a two-week period, **July 17-28** and again **October 9-20**. All coalition members are asked to send the same message.



*Washington Governor
Christine Gregoire*

The message to Governor Gregoire

Gain sharing is an important benefit and must be retained in statute unless replaced with benefits of significant value. Members of TRS PERS1 depend on gain sharing to augment the value of the Uniform Plan 1 COLA and mitigate the impact of lost purchasing power. This benefit is also an integral component of the pension benefits for members of TRS/PERS/SERS 3. A "take away" of gain sharing without establishment of comparable replacement benefits is not acceptable."

Contact information

You may write an email message through Governor Christine Gregoire's Web Site: www.governor.wa.gov (bottom of page- click "contact", then follow directions for sending messages)

OR

You may phone Governor Gregoire's Office: 360-902-4111

OR

You may write a letter:
The Honorable Christine Gregoire
Governor, State of Washington
PO Box 40002
Olympia, WA 98504

More information needed?

If you need more information about this subject, you may contact Ellie Bonano or Rita Requa.



Sno-King School Retirees
P. O. Box 33962
Seattle WA 98133-0962

Have a great summer

HELP US WITH INFORMATION TO PUT IN THE *BULLETIN*

The deadline for the next newsletter is 8:00 AM, Sunday, August 20.

Send news and other materials to

Jo or Bruce Caldwell, PO Box 1117, Edmonds WA 98020, sksr@wmea.org.

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, August 29, call Betty Odle (206-525-8276),

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

Members on the move

Address Changes

- Pg 25 Ely, Judith A, 1525 NW 195th St, #26, Shoreline 98177, 206-542-3248
- Pg 31 Hasselblad, Edward S, 500 Carolina Meadows, Chapel Hill, NC 27517-8471
- Pg 36 Jones, David L, 4521 Hilltop Dr, Clinton, WA 98236, 360-341-1957
- Pg 47 Nordeen, Evelyn & Robert, new email address: evie.nordeen@verizon.net
- Pg 64 Waddle, Gregory M, 8509 Bowdoin Way #7, Edmonds 98026-7351
- Pg 65 Wiitala, Marjorie R, 420 N. Krocks Rd, Unit P, Allentown, PA 18106-8910

New Members

- Pg 27 Frerichs, Elizabeth J, 831-169th Pl SW, Lynnwood, WA 98037-3307, 425-787-2034

Deceased

- Pg 51 Potts, David R, June 8, 2006 (Northshore District)

