

Sno-King School Retirees



November 2006

www.sksr.org

The SKSR Bulletin

A message from our coordinator

NEWS FROM SNO-KING

Our organization has undergone a new revision as changes have occurred with some of our key positions and members. First of all, we have a new *Bulletin* editor. Thanks to Dave Johnson, who has served many years as treasurer and president, will now assume the task of compiling all our news into a new format. He welcomes your input and can be reached at 425-776-7298 or damajo3@comcast.net. Thank you, Dave, for assuming this large important task.



Many of our Executive Board members have served as president in the past, but this year we were unable to recruit anyone for the task. Rachel Lake has agreed to serve as the coordinator, and members of the Board will serve as Program and Meeting Chairs. Evie and Bob Nordeen will assume this responsibility for November, Alice Bingaman in January, Rita Requa and Bob Jones in April, and Jim Siscel in May. Exciting programs are planned for these General Meetings.

Come join us in November for our annual Potluck Scholarship Luncheon that benefits the Scholarship Fund. Our young awardees will later be honored in April. The Nordeens have arranged for a wonderful musical program. There will be a raffle too. We especially want to invite our newest retirees to come and begin your important connection with all of us. Remember to bring canned food for the Community Service Project.

The Legislative Committee has worked with the WSSRA in sending out postcards twice to our members in order to participate with other organizations in Blitzing the Governor during September and October. Over 1200 postcards were sent to our members

see Coordinator on page 7

Rachel Lake, Coordinator/ Legislative
Irma Snook, Secretary
Donna Murrish, Treasurer/Directory/Mailing
Rita Requa, WSSRA Board NW 1 Representative/
Grants
Betty Odle, Historian/ Luncheons/ Picnic
Jim Siscel, Program
Jack Rogers, Legislative
Ellie Bonanno, Legislative/ Phoning
Virgil Rayton, Membership
Cheryl Bauer, Membership/ Community Service
Cheryl Bickford, Community Service/Luncheons
Bob Jones, Retirement Planning/ Web Page
Alice Bingaman, Retirement Planning/ Scholarship
Gordon Bowers, Warren Rowe, Health
Keith Lindaas, Linda Fitzgerald, Scholarship
Ruthanne Warren, Joan Hertrich, Phoning
Winnie Smith, Phoning/ Sunshine
Marlene Johnson, Marilyn Alaniz, Hospitality
Ron Robinson, Bruce Caldwell, Directory
Jo Caldwell, Publicity
MaryEllen Gardiner, Donation Acknowledgement
Evelyn Nordeen, Sunshine
Barbara Berg, Scrapbook
Dave Johnson, *Bulletin* Editor

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November 16th Sno-King School Retirees
Scholarship Luncheon

Fasten your seat belts and here we go for an outstanding Sno-King meeting November 16th, noon, at the Edmonds Unitarian Church.

In addition to a scrumptious luncheon, the program highlights the Fauntleroy Jazz Ensemble. This music will charm you with "the good stuff" from the 40's and 50's. Good jazz follows the history of our country.

Guy Edwards, pianist leader of the Fauntleroy Jazz Ensemble, is a retired Boeing engineer who started piano lessons at age five and pipe organ at age ten. Lynn Beeler, saxophone and clarinet, is a retired Boeing buyer. Don Goe, bass violin, currently works as an architect. Woman singer is Gayle Heber.

Plan to attend this unique traditional jazz music program!! Your attendance contributes directly to the Scholarship Program of Sno-King.

Evelyn and Bob Nordeen, chair persons, November Meeting

www.sksr.org

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

- November 9**
- January 11**
- February 8**
- March 8**
- April 12**
- May 24**
- July 12**



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MARK YOUR DATEBOOK

Coming Events for Sno-King School Retirees

November 16Scholarship Luncheon-12:00
Edmonds Unitarian Church

February 15 WSSRA 60th Birtday Celebration
Noon

April 19.....Scholarship Luncheon-12:00
Edmonds Unitarian Church

May 17 Joint meeting with Sno-Isle
Catered Lunch

July ??.....Picnic/Election of Officers
Noon Edmonds City Park

We hope that we will see you and your friends at the Fall Scholarship Luncheon on Thursday, November 16 at noon at the Edmonds Unitarian Church, 8109-224th SW Edmonds. Newly retired school employees from Edmonds, Northshore and Shoreline School Districts are invited as our guests.

We always have wonderful food prepared by our members. The fall luncheon features Sno-King cooks a special salads and hot dishes.

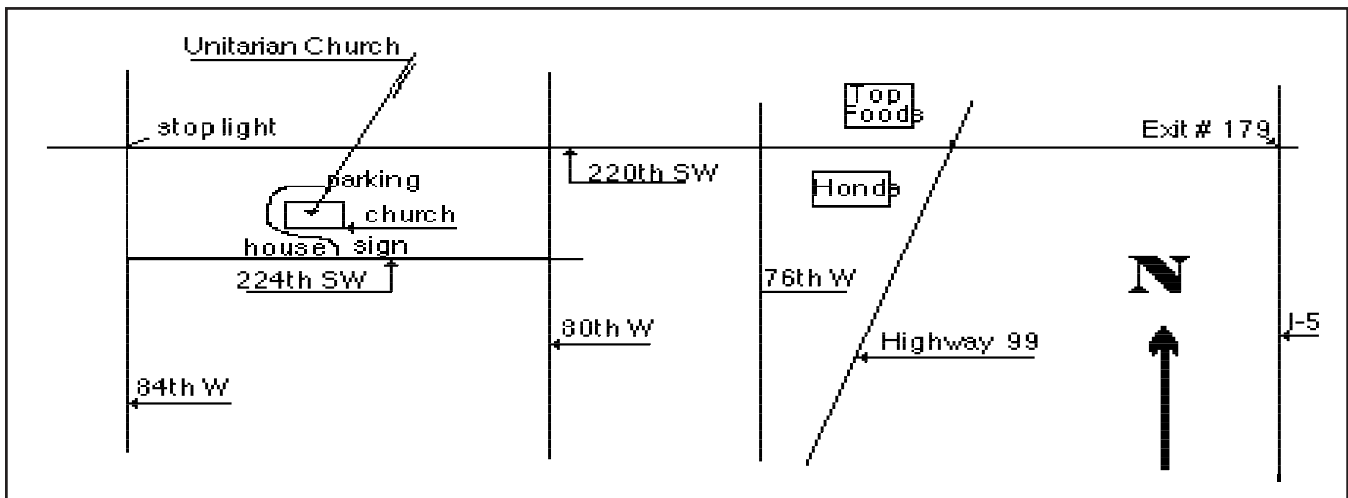
Please call Betty Odle, 525-8276 or Cheryl Bickford, 363-2731 by Monday, November 13 for reservations for the \$5 donation luncheon.

If you would like to contribute food let Cheryl or Betty know when you make your reservations.

For our service project this year we are bringing canned goods to the luncheon to be given to the local food bank.

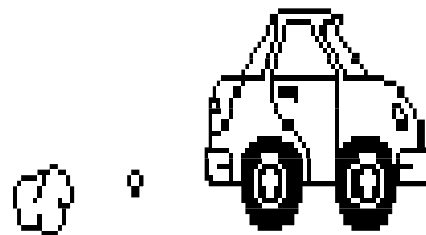
We are looking forward to hearing the Jazz Ensemble who will be entertaining us at the luncheon. Hope to see you there.

If you are unable to attend the luncheon but would like to support the scholarship funds, 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 on page 6 of this issue of the *Bulletin*.



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



Fall 2006 dates

September 11-12
October 9-10

November 8-9
December 6-7

Health tips for you

SLEEP DEBT

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

Mayo Clinic and the National Sleep Foundation wants to wake us up to some health problems caused by a “sleep debt.” People are sleeping less than they used to, and the result is that sleep loss is taking a toll on people’s health and work performance.

This is blamed in part by sleep having to compete for people’s time; the internet, e-mail and others nonstop. Stores and health clubs are open longer hours, and some around the clock. The end result is that American adults average between 6.7 and 6.9 hours of sleep a night instead of the 7 to 9 hours that most need.

Contrary to previous beliefs that older people don’t need as much sleep, these needs remain constant throughout adulthood. Lack of sleep can take a serious toll on your health – from common colds to memory impairment, high blood pressure, cardiovascular disease and even your immune system finds it harder to fight disease.

The cheerful side – the bottom line is: the better you sleep, the better you will feel. A National Sleep Foundation study found that older Americans who slept well for 7 to 9 hours had better life styles, were more active, more positive outlooks, and had fewer health problems.

Mayo gives some suggestions for better sleep: Make sleep a priority – set aside ample time; go to bed and get up at the same time everyday. Even on weekends; Don’t eat or drink large amounts before bedtime, wait two hours after eating; avoid nicotine, caffeine and alcohol – these are stimulants that will keep you awake. Pleasant Dreams!

Source: *Mayo Clinic Health Letter* Aug 2006

Food For Thought:

Astronaut John Glenn returned to space at age 77

Frank Lloyd Wright was still working at age 91

Ronald Reagan was elected to his second term at age 73

Georgia O’Keefe kept painting well into her 90’s

Mary Fasano graduated from Harvard University at age 89

Dr. William Worrall Mayo founded the Mayo Clinic at age 70

Courtesy of Edward T. Creagan, MD
Editor-in-Chief, Mayo Clinic

A BALANCING ACT

Have you lost your balance lately? Fallen? Balancing tends to erode with time. Every year more than a third of those over age 65, and one half of those age 75 take a tumble. Falls account for 300,000 hip fractures annually, and for older people are the leading cause of disability.

But all is not lost – one can regain equilibrium; our eyes, ears and central nervous system are the key factors. Try standing on one leg, eyes closed (have standby buddy). Lift the foot off the floor, about six inches and hold for 30 seconds. You will feel wobbly, but this is Harvard Clinic’s way to show the extremely complicated process that keeps you balanced. The inner ear with its three fluid filled semi circular canals work with the eyes; nerve receptors sense when you turn your head side to side, up or down, etc. and such information is relayed to the Central Nervous System. Additional information comes from nerve receptors in the neck’s muscles and tendons. The nervous system tries to keep your balance functioning; if any one of the key factors malfunctions the result can be like seasickness – eyes say the ship cabin is steady, but the inner ear says you are rolling side to and up and down.

Count you blessings if you never have any neurological conditions that can affect equilibrium – like stroke, Parkinson’s, MS, or diabetes. Some more simple problems – foot bunions, corns can cause uneven balance. Harvard Medical has some suggestions to help: regular eye exams and treatment also help balance, particularly after cataract surgery. Light-headedness can cause fainting, balance woes caused by a drop in blood pressure. When rising from a bed or chair, it’s best to sit for a few seconds before getting up. Foot and shoe problems can cause an uneven balance, but the worst is to allow your body to get flabby. Harvard Medical advice is “Getting off your duff will help you stay on your feet”. Bad posture also can affect balance. Tai Chi has become the best exercise routine for balance and improves stability; reduces the fear of falling. If you need an assisting device – cane, walker or other, take time to find one that makes you feel comfortable.

Mayo reminds us, “Age is Not a Number it is an Attitude”

Source: *Harvard Health Letter* August 2006

PEBB ANNOUNCES OPEN ENROLLMENT PERIOD.

October 23 – November 30 is the open enrollment period for those wishing to change their health care coverage. Some plans may be discontinued so you need to check your coverage.

If you need or want to change plans you must do so during the open enrollment period. **NOVEMBER 30TH IS THE LAST DAY TO DO SO.**

To find out more about PEBB health plans visit a Benefit Fair. The fairs in our area are: **SHORELINE** November 8, 2006 10 a.m. to 2 p.m. Shoreline Conference Center 18560 1st NE

SEATTLE October 24, 2006 10 a.m. to 4p.m. UW campus HUB

Retiree Presentation 1:30 to 2:30 p.m.

October 25, 2006 10 a.m. to 4 p.m.
UW Medical Center & Health Services Lobbies
1959 NE Pacific See Health page 7

SNO-KING MEMBERS HEAR FROM LEGISLATORS AND EXECUTIVE DIRECTOR

On Thursday, September 21, Sno-King members gathered to hear about the latest problem of funding for gain sharing in pensions, and how the legislature plans to address the problem this coming session. Representative Ruth Kagi (32 Legislative District) and Senator Paull Shin (21st Legislative District) reviewed the history of gain sharing and what the legislature did in the years of severe shortfalls in the budget. In 2005 The Select Committee on Pension Policy's recommendations were sent back to them. Now, the Speakers of the House and Senate, Frank Chopp and Lisa Brown, will work with the Governor to seek a solution. They plan to recommend a plan to both legislative bodies. Although the legislature does not need to act, both these legislators noted that something needed to be done in 2007 to clarify the problem for everyone involved. By 2008 there needs to be a resolution as that is the time an adjustment would be made for the last four years. There is always the possibility that gains sharing will be eliminated.

see *Members* page 7

Affordable Living for Exceptional People

This retirement community is a full-service assisted living facility.

Member of:
The Seattle Education Foundation
A non-profit group of dedicated individuals who share a common goal.

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- Home care services
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Our membership chair speaks

FALL BENEFIT FAIRS REAP
NEW MEMBERS

By Virg Rayton

Due to the effort of Sno-King volunteers we had a booth at recent benefit fairs in both Shoreline and Edmonds School Districts. This is a means of presenting information about our organization to active school employees. They receive an invitation to join us. Many seem surprised to receive such an invitation before they actually retire, until they understand that this is a way their dues support WSSRA's effort to lobby for and enhance their own retirement benefits.

It's gratifying for active teachers to have a group like ours working on their behalf at a time when they don't have time to do it for themselves. As a result we gained ten new members, generated a list of applicants for our October mini-grants, and sold 10 *Entertainment Books* to enhance our scholarship fund.

Our organization contributed two *Entertainment Books* to the door prize drawing at the Edmonds Fair.

Many thanks are to be extended to those volunteers who helped out on those days. Jim Siscel and Ed Orsborn handled the one-day fair in Shoreline. Ellie Bonanno, Alice Bingaman, Erma Snook and Virgil Rayton covered the three-day fair in Edmonds.

Additionally, to the extent we have been able to obtain addresses, we've sent invitations to

SKSR BULLETIN BOARD

ENTERTAINMENT BOOKS
STILL AVAILABLE

To date there have been 45 Entertainment books sold for a profit of \$270 for the Scholarship Fund. Remember, on November 1 your 2006 book is no longer valid so if you won't have your new 2007 book yet, now is the time to get it. Please email or call donnamurrish@comcast.net or 206-363-5753 to make arrangement for delivery. The books are still a great bargain at \$30.

The books currently on hand are the Greater Seattle/East Side edition, but if that's not the area where you live, don't despair - there are other editions available. There is a north Puget Sound, South Puget Sound, Spokane/North Idaho, and many states other than Washington. Contact me and I'll help you get the one that suits you best.

Donna Murrish

SKSR Grants Deadline
Extended to November 15

Active members of the Sno-King School Retirees Association are eligible for a grant for up to \$200. In the past grants have been electronic equipment, books, field trip expenses, and various projects. Follow these guidelines for applying for grants.

1. A sentence or two will do - explain how grant money will be used
2. Amount of money requested
3. Your name, address, phone number
4. School, district, principal's name, school phone number

Email your application to: rrequa@earthlink.net by November 15.

recently retired employees from Northshore, Shoreline and Edmonds School Districts to our November 16th Scholarship Luncheon. We encourage present members to watch for and welcome these new friends.

The bulletin folding and mailing dates for the rest of the year are scheduled Jan.30, March 27, April 24, and June 26th. We are going to start them at 10:00 this year instead of 9:30. Ruthanne or Ellie will call to see if you can help.

SKSR SCHOLARSHIP FUND
Enclosed is a contribution to the Scholarship Fund. \$___ in Memory of or in Honor of _____

Send acknowledgement to
Name _____
Address _____

Donor's Name _____
Address _____

Make checks payable to Sno-King School Retirees' Scholarship Fund. Contributions can be made Anytime.

Members from page 5

Executive Director Ed Gonion reiterated the problem of insufficient funding of employers to the retirement system. TRS members have always paid the 6%, while the Legislature has reduced their contributions to 1 to 3% in order to balance the budget. **He stressed that retirees should not pay for the unfunded liability of the state.**

Gain sharing was put in place by law in order to help protect Plan 1 retirees' purchasing power and help Plan 3 members by adding it to their COLA. In gain sharing when there are earnings above 10% in a four year cycle, earnings are distributed by giving one half to the state and one half to the pension system.

THANK YOU FOR YOUR DONATIONS!!

Donations to the Scholarship fund have been gratefully received from:

Alice Bingaman

Cheryl Bickford in memory of Bob Odle

Donna Murrish in memory of Bob Odle

Justine Wood in memory of Harold Enger

Sharon Schoenauer in memory of Harold Enger

Dave & Marlene Johnson in memory of Bob Odle & Harold Enger

In addition, Sno-King Unit #23 transfers funds into the Scholarship account in memory of any member who passes on and this has been done in memory of:

Gil Inaba, David Potts, Thomas Davidson, Jane Ikeda, Isabelle Schy, Thelma Soppe, and Katherine (Kay) Cumming.

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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Health from page 5

UW campus HUB

Retiree Presentation 1:30 to 2:30 p.m.

October 25, 2006 10 a.m. to 4 p.m.

UW Medical Center & Health Services
Lobbies

1959 NE Pacific

October 26, 2006 10 a.m. to 4 p.m.

UW Harborview Medical Center
Research and Training Building

1st Floor, 325 Ninth Ave

EVERETT October 27, 10 a.m. to 2 p.m.

Everett Community College

Jackson Center, Conference Room

2000 Tower Street

Retiree Presentation 11 a.m. to 12 p.m.

Multipurpose Room

Coordinator from page 1

in September, and over 200 in October. The message was (and still is!)

“Contact Governor Gregoire with the message: Gain Sharing is an important benefit and must be retained in statue unless replaced with benefits of significant value”

Contact information:

The Honorable Christine Gregoire

[-www.governor.wa.gov](http://www.governor.wa.gov)

Governor, State of Washington

P.O. Box 4002

1-360-902-4111

Olympia, WA 98504

We invite you to come our meetings and participate in our organization that is active and continues to represent both active and retired members. And, it works hard for your pension interests and improvement.

Rachel Lake, Coordinator

**YOUR HANDY-DANDY MAN
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*I have several Edmonds district
employees as references.*

Call John Casebeer at 425-672-7087

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ADDRESS SERVICE REQUESTED

HELP US WITH INFORMATION TO PUT IN THE *BULLETIN*

The deadline for the next newsletter is 8:00 AM, **Wednesday, January 17.**

Send news and other materials to

Dave Johnson, 814 6th Ave So, Edmonds WA 98020, dama3@comcast.net, or 425-776-7298.

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 **Evelyn Nordeen** evie.nordeen@verizon.net or 425-775-1127

To help with mailing our next *Bulletin* on Tuesday, January 30, call **Betty Odle** 206-525-8276, **Ellie Bonnano** 425-778-0751 or **Ruthann Warren** 206-367-0742.

Deceased Members

Christensen, Richard L (7/25/06) Edmonds Dist (also Shoreline previously)
Cumming, Katherine (Kay) B (9/20/06) Shoreline Dist
Davidson, Thomas F (4/18/06) Edmonds Dist
Ikeda, Jane (6/22/06) Edmonds Dist
Inaba, Gilbert Y (6/18/06) Shoreline Dist
Potts, David R (6/8/06) Northshore Dist
Schy, Isabelle R (7/5/06)
Sope, Thelma (7/06)