

# Sno-King School Retirees



May 2007

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

## The SKSR Bulletin

A message from our coordinator

### LOOKING BACK AND LOOKING FORWARD



Looking back to the March 31<sup>st</sup> *Emergency Pension Forum* and what has happened since, Sno-King was well represented in the 175-180 members who were at the NW #1 Region's meeting. Those attending were impressed with the presenters' explanations of the loss of gain-sharing and how it will affect all of us in the pension system. Ed Gonion (WSSRA

Executive Director), Leslie Main (WSSRA Legislative Coordinator), Bob Ruhl (WSSRA Legislative Chair), and Don Carlson (WSSRA Lobbyist) did a wonderful job of explaining just where we stand with our pensions. We are all affected in TRS and PERS Plans 1, 2, and 3. April 22<sup>nd</sup> was the intended last day of the Legislature. We shall see how it all comes out, but that is after the deadline for this *Bulletin*. I want to thank all of those who attended the meeting. We were well represented in Everett and I was proud to see how many of you were there!

We have a wonderful program planned for the joint meeting with Sno-Isle unit on May 17<sup>th</sup>. Jim Siscel is in charge and will be presenting his Lewis and Clark rendition of the anniversary trip. (See article elsewhere in the *Bulletin*.)

If you are interested in coming to WSSRA's 60<sup>th</sup> anniversary convention to be held in Wenatchee on June 4-6<sup>th</sup>, fill out the enclosed delegate form and send it to me ASAP. We would love to get you involved.

Rachel Lake, Coordinator

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, Bob Nordeen, 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  
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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**May 17 Joint Luncheon Meeting  
with Sno-Isle Retired Teachers**

Our May luncheon will be Thursday, May 17th at the Snohomish County Skills Center.

Sno-Isle Skills Center  
9001 Airport Rd. Pl  
Everett, WA 98204

Even though it says Airport Road, you enter the center from Kasch Park Road.

The Culinary Arts students will prepare and serve the food, We will be meeting and hosting the Sno-Isle unit, our neighbors to the north. Lunch will be served at 11:45 and the doors will be open at 11:15. The price is \$10 which even includes a donation to the students for a field trip.

A wonderful program is planned with Jim Siscel presenting highlights from their trip in 2005 following the route of Lewis & Clark and the Corp of Discovery from Fort Dubois, IL to Fort Clapsop during the Bicentennial Celebration.

We will be having Chicken Chasseur (Hunter style) which is a sauteed chicken breast with mushrooms, onions and tomato sauce, spinach salad, and triple chocolate cheese cake.

See map page 3

www.sksr.org

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

**May 10**  
**May 24**  
**July 12**

**MARK YOUR DATE BOOK**

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

.....

May 17 ..... Joint Meeting with Sno-Isle  
Jim Sisel presents his trip in 2005 on the route  
of Lewis and Clark. Lunch at 11:45

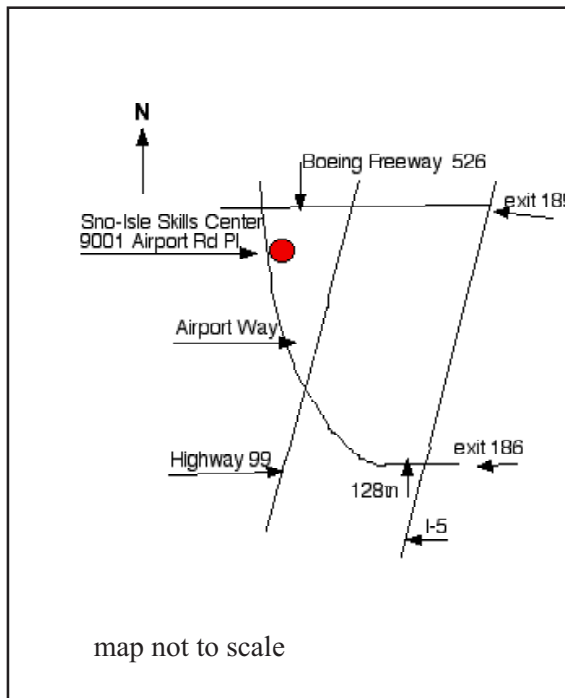
June 4-6 WSSRA State Convention Wenatchee, WA  
July 19..... Picnic/Election of Officers  
Noon Edmonds City Park

Make your reservation by **Friday, May 11th** by calling Jim Siscel at 425-778-7202. Please leave a message or e-mail [asjs68@earthlink.net](mailto:asjs68@earthlink.net) or Ellie Bonanno at 425-778-0751 e-mail [ejb2027@verizon.net](mailto:ejb2027@verizon.net).

**Cash or Checks payable to Sno-King.** No shows will be asked to pay as we are obligated to the center for everyone who says they are coming. Leave a message to reserve a place. **If you don't reserve a place there will be no food for you.**

Hope you can join us!

**Map to Sno-Isle Skills Center**



**ATTENTION, MEMBERS WHO PAY CASH DUES:**

*Just for your information:* Beginning June 1, the WSSRA office will send out dues reminder letters to those who choose to pay yearly dues in cash. Some of you prefer to send your dues to me at the Sno-King PO Box 33962, and that is still OK. Either way, whether you pay your dues through the State office or through Sno-King, they will be credited and your membership will remain intact. Our fiscal year runs from July 1 to June 30. Thanks, Donna Murrish Treasurer

**Congratulations!!! Our 2007 Scholarship Winners:**

Laura Bernabe - Mountlake Terrace High School

Asha Hamack - Inglemoor High School

Katherine Kepler - Scriber Lake High School

Kaitlin Thompson - Woodinville High School

Each of these winners will receive a \$1000 Scholarship.

Laura plans on attending Edmonds Community College and earning her Associate Arts Degree and then transferring to a four year institution and majoring in English Language Learner or Spanish. She has been in the United States for almost four years; two and a half years in ELL classes and now in the traditional HS program. Laura's teachers praise her character, dedication, initiative and work ethic. She has been involved in the Latino Club, Spanish Club and tutors other hispanic students in mathematics.

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Health Services  
By Gordon Bowers

**Please share with your dentist**—Dental floss was first manufactured in 1882. It was made of silk, in 1935 nylon, Gore-Tex now. Americans buy three million miles of floss per year. Each person uses 122 yards per year for daily flossing. Floss has been used to cut steel fences and prison bars, braided into rope to scale walls and escape. Other non-dental uses include; fish line, ukulele string, and picture hanger. A word of caution—use but don't flush, it is nearly indestructible and gums up the sewer systems. *CUM GRANO SALIS* <sup>1</sup>

**Lung cancer in non-smokers**—Some cancer epidemiologists estimate that as many as 15 percent of lung cancer patients have never smoked. Second hand smoke is blamed, with about 3000 cases a year. Cancer is being greatly reduced because of laws against smoking in restaurants, work places, etc. There is new evidence that non-smokers may have a lung cancer unrelated to tobacco. Of the many studies the American Cancer Society (ACS) conducted, one included 940,000 people who had never smoked. The conclusion – follow up of 12 years was that non-smokers' lung cancer might be a distinct disease. They found that the lung cancer mortality rate was higher for non-smoker males, higher for African American women than for white women. In another study researchers reported that 32 percent of the lung cancer patients in Singapore and Japan who had never smoked had more advanced cancers than smokers, because doctors at both countries are not looking for the disease. Lung cancer runs in families; so does smoking, but it is not an inherited genetic condition. We need to give more attention to lung cancers of non-smokers. <sup>2</sup>

**United States is a hard place for children.**

According to a study by the United Nations UNICEF Research Center in Italy, the 21 wealthiest countries were ranked on various factors of child welfare. The items for comparison were child well being, health, education, relationships, behaviors, risks and sense of happiness. The United

States ranked 20<sup>th</sup> out of 21, with the United Kingdom last. Children in the wealthiest countries were not the best off in almost all categories. The United States was at the bottom in health, safety, high mortality, and accidental deaths. The USA had the highest proportion of children in single parent households – an indicator of poverty and poor health. The author of the study points out that it is a “work in progress” and all countries need to improve. Gosh! Could this be us? <sup>3</sup>

**Weekends are not the best time to have a heart attack**—Though the risk is less during the week many studies show that catheterization labs are closed on weekends and hospitals have limited services. The most recent study published by the New England Journal (Mar 07), showed that of 231,164 patients admitted for a first heart attack, those admitted on a weekend were 7.5 percent more likely to die within a month compared with those on weekdays. According to the lead researcher, Dr. William Kostis, “We lose this patient early. It's after the first day or two”. He said the difference in outcomes was obvious by the day after admission. It would seem that thousands of these 700,000 lives could be saved each year by better staffing hospitals on weekends. <sup>4</sup>

**Caution on aspirin**—Our old friend of many years has not been just an effective pain killer, but has been a lifesaver, preventing strokes and heart attacks. However, long term use can cause bleeding and ulcers, particularly in the stomach. A so called “safety aspirin” is coated so it doesn't dissolve as it passes through the stomach to the small intestine, thereby protecting the stomach linings. At the same time, it provides the

continued p 5

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continued from p 4

cardiovascular benefits of non-coated aspirin. Experts don't all agree "enteric aspirin" (coated) gives the same benefits, but do seem to agree that those on aspirin therapy should be taking 75—165 mg. or low dose 81 mg. daily to protect against upset stomach, bleeding or ulceration.<sup>5</sup>

**Food for thought** – Driver said, "But officer, I come this way every day, and have never gotten a speeding ticket before". Officer replied, "You're right, we should have caught you sooner". Cherish all your happy moments: they make a fine cushion for old age. Booth Tarkington

<sup>1</sup>University of California, Berkley, *Wellness Letter* April 07, p. 8

<sup>2</sup>*Harvard Health Letter* Jan 07 p. 4&5

<sup>3</sup>*LA Times*, article by Maggie Farley, and *Seattle Times* 2/15/07 p. A16

<sup>4</sup>Assoc. Press article by Linda A. Johnson, *Seattle Times* 3/15/07 p. A5

<sup>5</sup>*Hopkins Medical Letter* (Health After 50) Feb. 07 p. 3

continued from p. 3 **SCHOLARSHIP WINNERS**

Asha is planning on attending Western Washington University and majoring in elementary education. She is enrolled in Teaching Academy Class presently and has an internship at an elementary school. She is also involved in Key Club and Big Brothers/Big Sisters in the community. Asha's teacher's positive comments include her dependability, attitude, thoughtfulness and giving nature.

Katherine plans on continuing to attend Edmonds Community College and receiving her AA Degree and then transferring to a four year university and earning her teaching certificate and becoming a teacher either at the elementary or high school level. She has been instrumental in the Women of Wisdom (WOW), Diversity Team and ASB at her school as well as being manager of the student store. Katherine has been recognized for her leadership roles in the WOW program and

her teachers compliment her on her strong leadership skills and being a strong advocate for others.

Kaitlin is planning on attending the University of Washington and obtaining a B.A. in Mathematics with the teacher preparation option. She then wants to pursue a Masters in Teaching Degree and teach Math in the high school. Kaitlin has been involved in track and field, DECA and Honor Society and she is currently employed as a tutor in math and writing at Cascadia Community College. Kaitlin's teachers praise her intellect, patience, work ethic, kindness and character.

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## THANK YOU DONORS!!

*Your kindness is much appreciated.*

Mary Ellen Gardiner for a donation to scholarship fund

Mary Ellen Gardiner in memory of Bill Gardiner  
Dave & Marlene Johnson in memory of Joanne Denton

Normi J. Kiel in memory of Winnie Smith

Jim & Jo Miller in memory of Joanne Denton

Ken & Carol Unick in memory of Winnie Smith

Gordon Bartol in memory of Joanne Denton

### 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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## TWO OUTSTANDING SKSR MEMBERS NOMINATED FOR STATE AWARDS

State winners will be announced at the  
WSSRA Convention in June.

**BOB JONES**  
for the Stan McNaughton  
Outreach Award for  
service to his community

**RACHEL LAKE**  
for the Patrick T. Hoban  
MeritriousAward for ser  
vice to SKSR/WSSRA



Ask Bob Jones what it means to retire, and he will tell you, "When you retire, you *retire*, you put on a new set of tires so you can go faster." Since retiring from the Shoreline School District in 1993, Bob has enhanced the lives of others through his volunteerism, improved the quality of life in his community and beyond, and in doing so has increased the awareness and improved the image of WSSRA.

Often called, "Mr. Music," Bob helped form the South County Senior Center's Sound Singers of Edmonds in 2000 and has served as their director since its inception. Under his capable leadership, this extraordinary group has grown to 65 members, ages 55-96. The singers reflect their leader's optimism, talent and can do spirit. They have sung for a wide variety of audiences.

The service of the choir has not gone unnoticed. In 2004, the choir was honored with coveted Leisure Care Shining Light Award in recognition of the "exemplary efforts of Puget Sound seniors who have made a difference in their communities."

Bob brings out the best in his choir members; they are like a big family. Over the years, five couples have met in his choirs and been married.

Bringing the choir's motto "Seniors on the Move" to life, Bob obtained a commercial driver's license so he could drive the choir to performances. He has also driven the senior center's bus for a Christmas lights tour and to the Seattle Symphony.

For the past 10 years, as well as participating in worship, Bob has played the piano for the 300 men of the International Bible Study Fellowship at the First Baptist Church in Everett.

Bob manages the data for several organizations, among them the Sno-King School Retirees, which he also serves as webmaster and has been NW-1 chair of Community Service for the past three years.

Wherever he has been, Bob has enhanced the lives of others through his service and has improved the quality of life in his community and beyond. One of his choir members said, "Bob is an inspiration to us all." Indeed he is. And through his service, Bob has increased the awareness and improved the image of WSSRA.

In every organization there are a few inspirational, dedicated individuals without whom the organization would fail to thrive. Rachel Lake is one of those. As a member of WSSRA/Sno-King she has served and led, volunteering her time for the fulfillment of WSSRA goals; achieved beyond the norm in performance to accomplish the responsibilities of her duties; and inspired and encouraged fellow constituents in their performance to achieve WSSRA goals.

Upon joining WSSRA/Sno-King in 1994, Rachel became an active member, volunteering wherever she was needed. She served as president from 2003-2004. When no one in the unit came forward to serve as president this year, her sense of responsibility, coupled with her belief in the importance of the goals of WSSRA, caused Rachel to volunteer to be the unit's coordinator with the purpose of "keeping it together."

Of all the work she did and continues to do, perhaps she is most passionate about her work in the legislative area. In 2005-2006, she served on the state legislative committee and joined in the lobbying efforts in Olympia. She corresponds regularly with her legislators, reminding them of the promises that have been made and need to be kept as well as other needs of retirees. It helps, of course, that she knows each on a personal level from her years as a political activist. Whenever Rachel receives a *Legislative Update* from WSSRA, she forwards it to SKSR members, urging them to take action.

To kick-off this school year, Rachel organized a meeting in September to inform the membership about WSSRA's legislative priorities for 2006-07. Rachel also led the local movement to "Blitz the Governor" with the messages to preserve Gain Sharing.

She also helped organize, coordinate and publicize the March 31 meeting in Everett to get all of NW-1's members to hear about pension "adjustments" and other possible legislative action for this session.

Nearly a decade ago, it was said about Rachel in a King County Democratic publication: "You can count on me." That statement certainly holds true for everything she has done for WSSRA/Sno-King since she joined in 1994.

# MARCH 31 PENSION FORUM

more pictures page 8 & 9

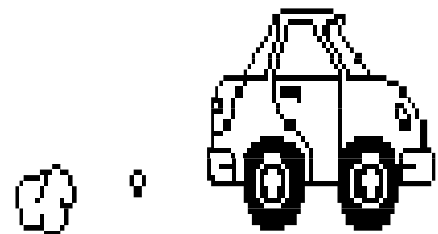


NW-1 Members listen to the presentations by WSSRA leaders.

Photo by Ken Lake

## 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 1:30 PM at the Anderson Center, 700 Main Street, Edmonds. For alternate dates and locations, contact Bob Jones at 425-438-2727 or [bobpatjones@verizon.net](mailto:bobpatjones@verizon.net). Note that the class is a "two-consecutive-days class," which can be selected during the month of your choice.



**Spring 2007 dates**

May 21 - 22     June 21- 22

# DELEGATE NOMINATION TO THE 2007 WSSRA CONVENTION

Wenatchee, Washington June 4-6

Yes I would like to attend the 2007 Convention in Wenatchee. It is the 60th WSSRA's Anniversary.

Name \_\_\_\_\_

Address \_\_\_\_\_

City, State, Zip \_\_\_\_\_

Phone Number ( \_\_\_\_\_ ) \_\_\_\_\_

Email \_\_\_\_\_

Mail/email to Rachel M. Lake  
5003 NE 194th Place  
Lake Forest Park, WA 98155

RachelmLake@comcast.net

**Mail by May 10, 2007**



L to R Robert Rhule WSSRA Legislative Chrmn, Leslie Main WSSRA Legislative Coordinator, Ed Gonion WSSRA Executive Director, Don Carlson WSSRA Lobbyist, Rita Requa WSSRA Executive Board  
photo by Ken Lake





Dear Marayln.

photo by Ken Lake

I want to thank you for coming to our Northwest #1 meeting, "Emergency Pension Forum," held March 31st in Everett. Not only was your presence important, but the fact you spoke eloquently about the State's needs, and ours as well, indicating your interest in our issues.

I felt the meeting was very informative, although complicated at times, and the presenters were thorough and responsive to questions. As you heard, 175 people are concerned about the loss of gainsharing, a promised enhancement for loss of purchasing power over the years. I don't need to reiterate the message to you who were there, (thank you, again) but those people really want their message heard. Those in Plans 2 and 3 (and weren't there—

probably because they were teaching/working all week and needed Saturday to catch up!) will be sorry about their choices in the future, and they will come to realize what the 2007 Legislature did to them too).

Maralyn, your willingness to add an amendment to the Final Budget approval, is commendable. You are going out on a limb politically, but I've never known you to walk away from a good cause, and this is one.

Again, I personally appreciate you for all the things mentioned above.

Sincerely,

Rachel M. Lake  
Sno-King Coordinator



L-R  
Dave Karber  
Mary Karber  
Bev Smith  
Rita Requa  
Rachel Lake  
Bill Jennings

Committee responsible for March 31st Pension Forum photo by Ken Lake

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

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

Send news and other materials to

**Dave Johnson**, 814 6th Ave So, Edmonds WA 98020, [damajo3@comcast.net](mailto:damajo3@comcast.net), or 425-776-7298.

Address, phone or e-mail changes should be sent to **Donna Murrish**, [donnamurrish@comcast.net](mailto:donnamurrish@comcast.net) or 206-363-5753.

If you know of illness, please call Sunshine Chair, **Evelyn Nordeen** [evie.nordeen@verizon.net](mailto:evie.nordeen@verizon.net) or 425-775-1127

To help with mailing our next *Bulletin* on Tuesday, June 26, call **Betty Odle** 206-525-8276,

**Ellie Bonnano** 425-778-0751 or **Ruthanne Warren** 425-205-2420

## **The Changing Scene**

### **Address Changes:**

Pg 12 Allen, Jerry, 37422 Olympic View Rd NE,  
Hansville, WA 98340-8726

Pg 13 Asbury, Eva, same address – change Apt #  
to #344, zip 98072-3574

Pg 15 Belcher, Ronald & Elaine, 15011-81<sup>st</sup> Ave  
SE, Snohomish, WA 98296-8404

Pg 36 Hopkins, Michael E, 6605-40<sup>th</sup> St NE,  
Marysville, WA 98270-7513

Pg 43 Lehman, Ron S, 4947 Spokane St NE,  
Lacey, WA 98516, 360-915-7710

Pg 46 Mallonee, Shirley, 1415 Madrona Ave,  
Everett, WA 98203-1727

Pg 63 Siegfried, Kenneth, 9736 NE 119<sup>th</sup> Way,  
Apt E621, Kirkland, WA 98034-7052

### **Welcome New Members:**

Pg 21 Chrush, Sally A, 110-10<sup>th</sup> Ave N, Edmonds  
98020-2613, 425-835-0787

Pg 64 Smith, Esther K, 14829-242<sup>nd</sup> Dr SE,  
Monroe 98272, 360-794-5357