

Sno-King School Retirees



November 2008

www.sksr.org

Erma Snook, President
Cheryl Bauer, Secretary
Donna Murrish, Treasurer/Mailing
Rita Requa, WSSRA President Elect/ Grants
Betty Odle, Historian/ Luncheons/ Picnic
Jim Siscel, Program/Benefit Fair
Rachel Lake, Legislative/PAC Treas.
Ellie Bonanno, WSSRA Legislative/ Schl.Fin.
Bob Nordeen, Virg Rayton, Membership
Cheryl Bickford, Community Service/Luncheons
Bob Jones, Retirement Planning/ Web Page/Outreach
Alice Bingaman, Retirement Planning/ Scholarship
Gordon Bowers, Warren Rowe, Health
Keith Lindaas, Linda Fitzgerald, Scholarship
Joan Hertrich, Phoning
Marlene Johnson, Marilyn Alaniz, Hospitality
Ron Robinson, Bruce Caldwell, Directory
Dick Stucky, Don Denton, Scholarship Finance
Evelyn Nordeen, Sunshine
Barbara Berg, Scrapbook
Dave Johnson, *Bulletin* Editor

The SKSR Bulletin

A Message From Our President



Well, we all survived another election cycle. This one seemed the most intense to me. I hope you all exercised your voting privilege and are content with the outcomes. In October, we had a fantastic representation from Sno-King at the N.W-1 Coordinating Council meeting in Mt. Vernon. We were 12

strong and Bob Jones, State Outreach Committee, Ellie Bonanno, State Legislative Committee, Donna Murrish, NW-1 Secretary and I appreciated your great support. Don Carlson, our WSSRA Lobbyist in Olympia, was our speaker and he was very entertaining and informative! He spoke of our goals for the legislature this year, but in this economy the task is daunting. For sure we will be guarding against erosion of benefits as cuts are being made in the state budget. We may need to call on your participation in contacting your legislators in order for us to hold firm.

This month on November 20th is our Fall Scholarship Luncheon at the Edmonds Unitarian Church at noon. We have a great program and since this is the first year of our increased scholarship commitment (from four scholarships @\$1000 to \$1200 each) we need your attendance and support. Also remember that purchasing Entertainment Books contributes to the Scholarship Fund as well. I hope to see you at the luncheon for the Goodwill Fashion Show "Spanning the Decades" (see related article), good food and great company.

Two deadlines of note this month. First for active classroom teachers, note the Nov. 21 deadline for your classroom teacher grant applications. Please apply—it's so easy! We love all the creative ways you can use \$200 to assist your class.

The other deadline of note is the PEBB enrollment window that closes November 30 in case you need to make changes.

Since this will be the last newsletter until the New Year, 2009, let me be the first to wish you all a wonderful holiday season spent with family and friends and a very a happy, healthy New Year, 2009!

Erma Snook, president

“Blast From The Past” Fashion Show

On November 20th at this year’s Fall Scholarship Luncheon, we will be entertained by the traveling Goodwill Fashion Show troupe. We have booked their “Spanning the Decades - Blast From The Past” show.

They will parade before us men and women’s fashions progressing through the decades, the 20s, 30s, etc. They put on a wonderfully authentic show that will tug at our fondest memories. It promises to be one of our new favorite programs.

Please call Erma Snook, 425-776-2067 or Betty Odle, 206-525-8276 by Monday, November 17 for reservations for the \$5 donation luncheon. If you would like to contribute food for the luncheon let Erma or Betty know when you make your reservations.

The luncheon is held at the Edmonds Unitarian Church, 8109 224th St. S. W., Edmonds, WA. Put it on your calendar—See you there!! Gather about 11:30 Lunch at 12:00.

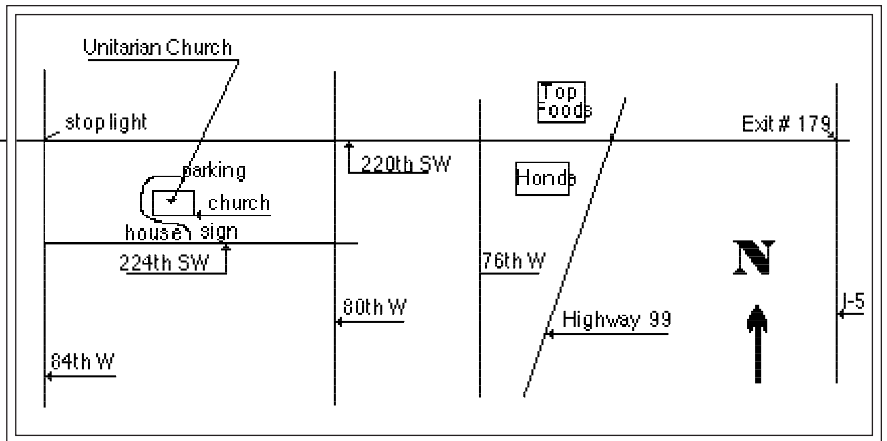
YOU’LL FIND INSIDE

- President’s Message.....1
- Calendar of Events & News.....2
- Fall Luncheon.....2
- Food Bank Help.....3
- Health Tips.....4 & 5
- Legislative Report.....5
- SKSR Bulletin Board.....6
- Fall Luncheon Menories.....6
- New Members, etc.....7
- Entertainment Books..... 7
- Address Changes.....8

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

- November 13
- January 8
- February 12
- March 12
- April 9
- May 14
- July 9



MARK YOUR DATEBOOK

2008

SCHOLARSHIP LUNCHEON
November 20, 2008

2009

- February 19 General Meeting
- April 16 Scholarship Luncheon
- May 21 General Meeting/Sno-Isle
- June 8-10 WSSRA Convention
- July 16 picnic



For all your real estate needs call
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The SKSR Scholarship Fund—How can I help?

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

Enclosed is a contribution of \$_____ as a special gift _____

OR in memory of _____ OR in honor of _____

OR on the occasion of _____

Please send acknowledgment to

Name _____

Address _____

Donor's name _____

Address _____

Make check payable to *Sno-King School Retirees' Scholarship Fund.*

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Food Bank/Food Drive Collection

In the current economic downturn, the numbers of those in need of assistance soar.

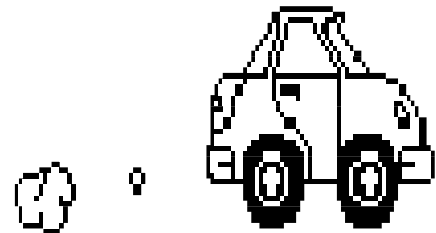
Last year the members of our SnoKing Unit made such fantastic donations to soldiers in Iraq, and to the flood relief in Lewis County.

This year, there are intense “food-on-the-table” needs all around us. This fall, as our Italian prune tree produced an abundance of fruit, my husband and I took our extra fruit to the Lynnwood Food Bank, near us. It happened to be on a distribution day! We were shocked to see folks lined up the full length of the warehouse type building and clear across a large parking area. They serve over 250 families a week and we were told the numbers are rivaling those only seen that high at Thanksgiving time last year when numbers are at their predictable highest. The food bank, of course, was struggling to keep up.

And so, this year at the Fall Scholarship Luncheon, November 20, won't you make a concerted effort to contribute to our Food Bank Drive? Bring your donation with you or get it to a member who will deliver it for you. Thank you, in advance, for the generosity you always display!!

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 425-438-2727 or bobpatjones@verizon.net. Note that the class is a “two-consecutive-days class,” which can be selected during the month of your choice.



Winter & Spring 08-09 dates

December 4-5

Jan 8 & 9,

Feb 11 & 12

Mar 18 & 19

April 16 & 17

Health Services Nov 08

By Gordon Bowers

The New Fountain of Youth: Hernando de Soto came from Spain to North America in 1540, searching for the fountain of youth and gold. He knew that wealthy people lived longer, but he didn't. He died soon in what is now Tennessee, and no gold either. Today, wealthy people (\$159,000 or more annual income) live as much as four years longer than the average, according to *Smart Money, The Wall Street Journal Magazine*. They gain this much through some extreme health fitness procedures: one is "the executive diet" of 1500 calories per day and daily doses of antioxidant rich fruit juices at \$40 a bottle. The goal is to get back the body you had at age 18. One of the linchpins of longevity science is calorie restriction. One 2006 study at the University of Illinois showed mice fed 30 percent fewer calories lived 20 to 30 percent longer. Whether it works with humans is a future hope, but many anti-ageing experts say as advised by Dr. Michael Roizen in his book *You: Staying Young*- "Never to eat a plate of food larger than the palm of your hand". Wealth appears to be a major factor in living longer because of early diagnosis and better chance of survival, regardless of cost.

There are many spas or Mecca that provide "wellness plans" costing thousands of dollars per year, and wealthy, healthy do so. *The Wall Street Journal* article points out that more US hospitals are offering spa type alternatives to satisfy customers. We wonder how so many pioneers lived in poverty, but lived to age 100 and beyond. For more visit smartmoney.com/mag.¹

Parkinson's Disease – New Deep Brain Stimulation (DBS) This is a treat that controls trembling of the hands, arms, legs, jaw and face. Other symptoms are stiffness of body, slow movements, poor balance and coordination. As symptoms become worse, difficulty walking, talking can cause a loss of normal life activities. The deep brain procedure involves an electrode being placed within the brain and connected by wire to a battery-operated neurostimulator controlled by the patient. This procedure is done in two stages – first, a neurophysicist uses MRI to locate the brain cell target. The second phase, as done at Northwest Hospital (Seattle), involves the surgery by Drs. Ronald Young and Steve Klein. When the stimulator is turned on it blocks the electrical signals that cause Parkinson's tremors, and nurse Diane Herring assures that all is OK, safe and wants all patients to feel that "it's about like having a dental procedure". For more information call NW Hospital at 206-368-5935²

Heart Health - Evelyn and Bob Nordeen attended the WSSR Convention Health Services Forum in June of 2008 and gave this report. It was an excellent session by Tricia Sinek, St Joseph Hospital, Tacoma. The summary is vital information for all: One in two in the U.S. will develop heart disease. The best diet is the "Mediterranean Diet". This also helps cancer, diabetes, and Alzheimer's. 1.3 million will have a heart attack this year in the U.S. One half will have a sudden heart attack. Fish once a week cuts heart attacks in half. Plant food (does not have a Mother), is very valuable. Eat fruits, two to four 1/2-cup servings a day. The more fruits you have, the better off you are, anti-oxidants. Whole fruit is better for you than juice. An apple a day is the best thing. If you eat an apple before each meal, you will lose weight. Drink unfiltered apple juice. When you eat the peel you get quercetin. A cup of berries each day is loaded with anti-oxidants. Blackberries are very good.

Heating an apple for an hour cored, add cinnamon and vanilla yogurt É tastes like apple pie! About vegetables: three to five a day. Five servings cut strokes 30%. Do not count potatoes or corn. They are grains. Peas are legumes and are not vegetables. The darker lettuce is, the better; one cup. Whole grains, if it's white it ain't right. More later.³

Shingles – good for your roof, but not your body – The center for disease control recommends a shingles vaccine (herpes simplex) for everyone 69 and older. Risk factors include illness, older age, low immunity/family history may target you – any close relative ever had shingles? Ask your doctor. Shingles is a very painful skin blister attack resulting in severe irritation of the nerves beneath the skin, it may reoccur and is long lasting.⁴

More raging about ageing – even the stock market tumble caused some sudden ageing, but the media has been in a frenzy with "breakthrough anti-ageing wisdom" – *Parade Magazine's* six secrets to a longer life: stop smoking, exercise, drink tea, watch weight, connect with others and eat fruits and vegetables.⁵

Continued from p 4

Healthy Places to Retire – Issaquah, Washington is one of America’s best health places to retire; the only other one on the west coast is Walnut Creek, California.⁶

Cherish all your happy moments: they make a fine cushion for old age. – Booth Tarkington
Ageing is the pendulum that reminds us of the time we still have to do good – Gordon

¹Marek, Angie C. *Wall Street Journal, Smart Money* June 08 p 54-57

²Medinfo article by staff, NorthWest Hospital August 08 p 1-3

³WSSR Convention Health Serves Forum, reported by Evelyn & Bob Nordeen June 08

⁴Hopkins Medical Letter, Archives Dermatatives of Dermatology vol 20 August 08 p8

⁵Brzowsky, Sara and Milloy, Marilyn, *AARP (Parade Magazine)* September 08 p10-12 & 38-45.

LEGISLATIVE REPORT

Now that the General Election is over and legislators are finally elected, we can turn our attention to these state policy makers to try to convince them of WSSRA’s goals and needs. Those retirement issues include:

- a. Recovery of lost purchasing power for all TRS/PERS retirees.
- b. Full Funding of Washington’s pension system.
- c. Pension plan improvements for members of TRS/PERS 2/3.
- d. Improved health insurance benefits and lower premiums for school retirees.
- e. Improved general welfare of current and future school retirees.

WSSRA recent flier states that “It has been reported for the Office of the State Actuary that even with the Uniform COLA, TRS/PERS 1 members who retired in the mid 1970s have lost approximately 50% of their purchasing power”. Also, the “General Fund-State appropriations to the PEBB Medicare eligible retiree “explicit subsidy” for the 2009-11 biennium are needed which reflect increases in the rate of medical inflation.” (WSSRA’s “Legislative Goals – 2008-09” and “WSSRA Priority Issues”, 9/24/08)

We suggest you write to your legislators now and urge them to focus on the loss of purchasing power as it affects you. Also, urge them to continue to support the PEBB Medicare subsidy for the next biennium. We must remember that the budget shouldn’t be balanced on the backs of retirees.

A new “Legislator Red Card” will be sent to our members early in January. This can be put in your directory and is helpful in identifying legislators’ contact information during the session,

Rachel Lake & Ellie Bonnano

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SKSR BULLETIN BOARD

GRANT DEADLINE – NOVEMBER 21st

ATTENTION ACTIVE MEMBERS

Grant applications are due by Friday, November 21st.

All active members of Sno-King School Retirees are eligible for a grant, up to \$200 for use in their school.

The process – simple! A sentence or two telling how the money will be used, your name, school, principal’s name, school phone number, & district is all you need to send.

Email grant applications to:

rrequa@comcast.net

Successful grant applicants will be notified by Thanksgiving.

MEMBERSHIP REMINDER!!

For every new member you sign, we will receive ten dollars from the State! Let us not let this opportunity pass. Go now to get one new member and watch us grow! Thank you.

Bob Nordeen, Membership .

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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Sno-King Fall Luncheon at Old Spagetti Factory



Sno-King members enjoying remincing with each other at the fall kickoff Luncheon



Dick Anderson, WSSRA Executive Board NW 1 Representative talks to the group while Sno-King President, Erma Snook Looks on

Welcome New Members:

Pg 42 LaPlante, Peggi, 7717-224th St SW, Edmonds, WA 98026

Pg 62 Sevig, Paul W, 314-3rd Ave S #5, Edmonds, WA 98020

Pg 63 Sherwood, Katie K, 14308-43rd Ave W, Lynnwood, WA 98087

Thanks to the following for donations made to the Scholarship Fund:

Bob and Elinore Bisnett for donations made in memory of Henry Thomson, Norm Sturm, Maynard Heien, Hilmer Jager, and Dick Martindale.

Donna Murrish in memory of Marilyne Thompson.

Update On Adna Flood Relief

Virg Rayton has been asked frequently by those who donated to the Lewis County flood relief about how things are going now in the Boistfort area. This message From Adna Flood Relief to the Adna community residents came to him in the most recent Adna School District newsletter which he just received. Adna and Boistfort are neighboring communities.

Adna Flood Relief is primarily a volunteer grass roots organization that came into existence to coordinate needed services during the critical time following the 2007 flood. For many, this state of crisis is no where near over, as they continue to have construction needs and financial strain due to the expenses associated with losses incurred by the flood. We still have families in our community that have not been able to raise or rebuild their homes (we had a minimum of 22 homes listed for demolition due to flood damage). Other families are struggling with meeting basic needs and bills due to the economic down turn in our area and the added expenses of replacement and repair associated with the flood. We currently have 194 families on our flood-affected list in the area included in our flood district. This by no means is a complete list. Therefore we continue to update it as we determine continuing needs of residents, whether they are in our system or need to be added accordingly. Regardless of where in the recovery path our residents are, there are continued needs, be it information, emotional support, or other resources. It has been a hard time for our community, so it will take a while for healing to occur. As needs arise please don't hesitate to contact one of us to obtain additional or current information, support or contact information for resources that might ease your strain. Please share our contact information with neighbors and friends who are struggling as a result of the impact of the flood.

ENTERTAINMENT SALES DOING WELL

Do you have your 2009 copy of Entertainment yet? Remember, as of November 1 the 2008 books will be out of date. There are plenty of 2009 books available to replace those outdated ones. So far there have been at least 90 sold. For every book sold beyond 90, the Scholarship Fund will get \$10 - that's half the price of the book. So far we've earned about \$400. Entertainment books are still \$20 each. The campaign runs through November. So if you're thinking gifts for Christmas, how about one of these books? They're a great value and pay for themselves very quickly. Call or email Donna at 206-363-5753 or donnamurrish@comcast.net.

The new directory has been delayed a bit, so if there are any changes in your address, phone, email, that haven't already been reported, you still have time to get them to me. Please either call 206-363-5753 or send a message to donnamurrish@comcast.net.

Marjorie Wiitala, died August 19, 2008. She was a beloved kindergarten teacher in the Shoreline School District.

Joan Hoon, longtime elementary teacher in Edmonds District, has passed away after a long illness.

Norman W. Strum, SR. passed away on Aug. 12, 2008, after a long battle with Parkinson's disease. Norm was one of the pioneering teachers to open the Shoreline School District spending 30 years teaching and coaching. He will be missed.



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

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HELP US WITH INFORMATION TO PUT IN THE *BULLETIN*

The deadline for the next newsletter is 3:00 PM, **Friday, January 23.**

Send news and other materials to

Dave Johnson, 814 6th Ave. So. Edmonds, WA 98020, damajo3@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 Chair, **Evelyn Nordeen** evie.nordeen@verizon.net or 425-775-1127

To help with mailing our next *Bulletin* on Monday, February 2, call **Betty Odle** 206-525-8276, **Ellie Bonnano** 425-778-0751 or **Joan Hettrich** 425-778-9572

Address Changes:

- Pg 13 Anderson, Robert B, 2804 Nome St, Bellingham, WA 98225-1540
- Pg 22 Comfort, Debra A, 19632-61st Pl NE, Kenmore 98028-8528, 425-485-1970
- Pg 26 Drinkard, Janet M, 7650 SE 27th St, Unit 320, Mercer Island, WA 98040-3061
- Pg 40 Kinch, Marian E, 6720 E Greenlake Way N, Apt #937, Seattle 98103
- Pg 48 McKee, Roberta L, 8516-196th St SW, Apt 305, Edmonds 98026-6320
- Pg 50 Moberly, Janet E, 26-145th St SE, Lynnwood 98087-6708, 206-963-4703
- Pg 53 Oman, Gary R, 1312-6th Ave N, #13, Seattle, WA 98109-3435

NameChange:

Pg 72

Winstead, Leslie
changed to

Leslie Bystrom

Deceased:

Pg 72 Wiitala,
Marjorie R 8-19-08
(Shoreline Dist)