

Sno-King School Retirees



Seeptember 2009

www.sksr.org

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Cheryl Bauer, Secretary/Schl Fin
Donna Murrish, Treasurer/Mailing/Schl Fin
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Betty Odle, Historian/ Luncheons/ Picnic
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Bob Jones, Retirement Planning/ Web Page/Outreach
Alice Bingaman, Telephone/ Scholarship
Gordon Bowers, Health
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Barbara Berg, Scrapbook
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The SKSR Bulletin

A Message From Our Coordinating Chair



NEW BEGINNINGS

“To win a race, the swiftness of a dart
Availeth not without a timely start.” La
Fontaine, Fables. Bk. vi, fab. 10

A good start....a new beginning. This is about to happen for our “actives” in the Unit 23 school districts. We wish you our best. In addition, our own Sno King School Retirees Board met in a retreat for strategic planning for the new year. What becomes evident quickly is the urgent need for you to assist us in our goals.

Scholarships for June high school graduates. Projected budget funds are inadequate. Read the articles pertaining to the problem in this issue. In addition to scholarships, the need for teacher grants is vital.

Legislative issues indicate we need to be alert and responsive with E-Mails, phone calls, letters to our legislators. Actives and retirees, do you value your pension (or your future pension?)

Scheduled meetings for those who are able to attend open up meaningful relationships. Worthwhile projects are in the hopper.

Remember 2009-2010 Entertainment Books offer discounts in dining, shopping, local groceries. November and April lunch fees, raffles, memorials build our treasury as well as a percentage from the above books.

“Where shall I begin, please your Majesty?” he asked. “Begin at the beginning” the King said, very gravely, “and go on till you come to the end then stop.” Lewis Carroll, Alice’s Adventures in Wonderland. Ch. 12. With that advice, I shall end with the invitation to come to our September meeting at the Edmonds Pancake Haus! Evelyn Nordeen, Chair Person

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www.sksr.org

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

- September 10
- October 8
- November 12
- 2010
- January 14
- February 11
- March 11
- April 8
- May 13
- July 8

MYSTERY LUNCHEON

You will not want to miss the September General Meeting of Sno King School Retirees. This great event takes place September 16, 2009, noon, WEDNESDAY, at the Pancake Haus, 530 - 5th Avenue South, Edmonds. The Edmonds Pancake Haus is known for its "Best Breakfast in Town". (Available throughout the day.) If you prefer lunch, sandwiches, soup of the day, fish 'n chips, hamburgers plus other items are on the menu for this "no host" luncheon. The Pancake Haus is where the locals go and affectionately call the staff by name. Look for the SKSR members in the "back room".

This will be a time you can be "first on your block" to purchase Entertainment books for 2009-2010. The profit goes entirely to the Scholarship Fund. The speaker will be an enjoyable mystery guest. Good food, interesting speaker, conversation with the best retirees in the world. What more could you wish? Twenty-three members pre-signed for this event at the July Picnic. If you wish to be added, please call Bob Nordeen at 425-775-1127.

**MARK YOUR
DATEBOOK**

Mystery Luncheon
September 16
 Pancake Haus Edmonds

- November 19 Scholarship Luncheon
- February 18 General Meeting
- April 15 Scholarship Luncheon
- May 18 Joint Meeting w/Sno Isle
- June 7-9 WSSRA Convention
- July 15 Picnic



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GRANTS AVAILABLE TO ACTIVE SNO-KING MEMBERS

Since 1998, Sno-King School Retirees have awarded 114 active members grants of up to \$200 for a total of \$21,934. Inventive educators have used these funds for a myriad of activities from field trips, art materials, books, computer programs, PE equipment, calculators, food, chess timer clocks, lumber, tee shirts, games and musical instruments among others.

The easy application process is open to **actively employed SKSR** members.

1. A sentence or two will do - explain how grant money will be used
2. Amount of money requested
3. Your name, address, grade level (if a teacher), school and district
4. Principal's name, school phone number

E-mail applications to: rayton@eskimo.com

Questions? Call Virg Rayton at 425-774-9413

Application Deadline: Thursday, November 12

Grant Winners will be notified before Thanksgiving.

SKSR July Picnic

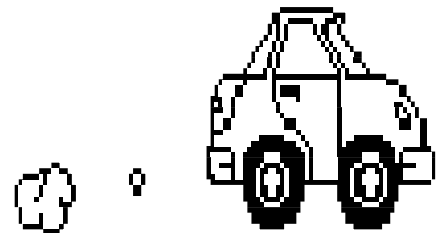
What a picnic! The SKSR July 16th picnic at Edmonds City Park was delightful in every way. Erma Snook, awesome President the past two years in addition to Council Chair of NW-1 Coordinating Council, received numerous accolades and gifts. Bob Jones honored the picnickers with his great music on his keyboard. Betty Odle's gourmet meatballs and food organization continue to make the group happy. The weather was perfect.

By-law changes were voted on favorably, and officers were installed for 2009-10. Dick Anderson, NW-1 District Representative and Jo Caldwell, WSSR Journal Editor, were honored guests. Grant winners, Cathi Wrolstand assisted by Tanya King from Beverly Elementary Edmonds SD and Julie Moe, Brookside Elementary, Shoreline SD enthused all present with descriptions of their winning projects.

visit www.sksr.org

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 \$12 (AARP members, \$14 non-members) 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. Note that the class is a "two-consecutive-days class," which can be selected during the month of your choice.



Fall & Winter 09 dates

Sept 17 -18

Oct 15-16

Nov. 19-20

Dec 17-18

Health Sevicees by Gordon Bowers

Swine Flu Update: Fears that the virus will mutate and become more deadly in winter has been a concern worldwide. But Argentina now is in winter season and health officials say the virus is killing fewer people than in a normal flu season. This is good news to health officials around the world, because the genetics of this swine flu are identical to what is circulating in the United States and Mexico. This leads to a belief that a single vaccine can be used around the world. The worst is almost over in Argentina, as winter is ending, fewer cases are reported and beds are available in hospitals for the first time in weeks.

The bad news is that young, healthy people are getting sick and dying more often than other age groups. D. Vilma Savy of the Argentina Institute of Infectious Disease says, "compared to influenzes, the death toll won't be any greater, because we are probably going to see a much greater impact on the young". Schools will reopen after winter vacation, but with high absenteeism. Brazil is extending the winter vacation as well.

In the U.S. swine flu has infected more than a million Americans. Federal officials have issued more guidelines for school closures, and the decision will be made by local school boards according to Education Secretary Arne Duncan who said, "Closing schools should be the last resort, not the first". Locally, the number of swine flu cases is expected to rise with the cold winter and health officials are encouraging residents to make arrangements for themselves or children to stay home from

work or school if they become ill. A swine flu vaccine will be available locally later this year. State and local officials are working together to determine the best way to distribute the vaccine supply.

The European Medicines Agency is speeding up vaccine use before any safety testing, but Dr. Keiji Fukuda, The World Health Organization flu chief warns that, "One of the things which can not be compromised is the safety of vaccines".

The U.S. is taking a more cautious approach, calling for volunteers to test the new vaccines, and results should be ready for mass vaccinations in October.¹

A New Brain Surgery: Northwest Hospital reports the new procedure called "trans-nasal" neurosurgery, which is brain tumor surgery through the nose. The procedure doesn't involve cutting through the skin, with minimal bleeding and pain. Strange as it sounds, Dr. Steven Klein of Neurological Consultants of Washington says, "Trans-nasal approaches give the surgeon access to many parts of the skull base and underside of the brain without manipulating the brain itself. While this technique isn't appropriate for all situations, it offers us safer access to problematic areas on many cases".

Dr. Daniel Lazar adds that they can see the tumors better using an endoscope, go right to it, remove it more easily, Other benefits include fewer after effects than open craniotomy, pain free recovery, and much more at www.nwhospital.org.²

Alternative Heart Surgery: Mayo Clinic would like for you to know what progress is in the works for future heart valve repair. Numerous companies and research organizations, including Mayo are working on new ways for heart valve repair or replacement.

Open heart surgery is one of the miracles of medical science, but though time tested and relatively safe, the operation puts extreme stress on the body, large

IN MEMORIUM

William Stevenson, Superintendant of the Shoreline School District for 20 years passed away in July. He is remembered fondly by all who knew him.

Boyd Benson a Shoreline and Shorewood High School Science teacher for 38 years passed away after a long illness. He was a fine teacher.

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chest incision, bypass machine to keep the blood flowing when the heart is stopped. Recovery is several days in the hospital and four to six weeks of low activity, Any heart valve can become stiffened or narrowed, leaking can result, limiting blood flow. One of the new procedures uses a collapsible artificial heart valve to replace the aortic valve inside the heart without stopping and with a small incision. The folded artificial valve is positioned inside the aortic valve, expanded and locked in place, avoiding all the difficulties of open heart surgery. The new procedures are working, but open heart surgery will be the mainstay of severe heart cases in the future, Just wanted you to know!³

Prostate Update: To all men and partners who take care of them. Controversy over whether millions of men should undergo prostate-specific-antigen(PSA)continues. Experts question why PSA tests cause many men to undergo unnecessary surgical or other treatments, Two major clinical trials were conducted in 2009, and published in the *New England Journal*. One study in Europe showed greater benefit and the one in the U.S. showed no difference. But in the *John Hopkins Medical Letter* of August 9th, Dr. H. Ballantine Carter, Director at Brady Urological Institute says that just a number is not enough, and PSA tests should be used more wisely, more attention to how rapidly the tu-

mor spreads. He recommends a test at age 40, 45, 50 and every three years there after. “While not precise, PSA testing offers the best indication we have so far about the presence of cancer and what we should do”. Dr. Carter says talk with your doctor!⁴

Food For Thought: Happiness makes up in height for what it lacks in length! – Robert Frost

Cherish all your happy moments: They make a fine cushion for old age. – Booth Tarkington

Accident excuse: I thought I could squeeze between those two trucks when my car became smashed.

¹*Seattle Times* article 7/24/09 p.B8

Maria Cheng *Everett Herald/Associated Press* article, Flu Advice for Schools 7/27/09 p A3

Associated Press/Everett Herald article. Feds Set Swine Flu Advice 8/7/09

² Northwest Hospital, *Med Info* 8/09 p 7

³*Mayo Clinic Health Letter* 7/09 p 1&2

⁴*John Hopkins Medical Letter* 8/09 p 1&2

SKSR Board Meetings

1:00 PM, Edmonds SD ESC
 20420 68th Ave. W., Lynnwood
 Room 104 **Everyone welcome!**
 September 10 February 11
 October 8 March 11
 November 12 April 8
 2010 May 13
 January 14 July 8

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SCHOLARSHIP FUNDING

Scholarship Concerns
By Cheryl Bauer, Secretary

At the August Planning session of the SKSR Executive Board, the proposed budget for the next year was reviewed. While there are no financial problems for the organization as such, there is concern for the Scholarship Budget. For the past couple of years, there have been four \$1200 scholarships given to students in the three school districts represented by the Sno-King School Retirees. These are gratefully received and used by college students going into education. Funding for this comes from the sale of Entertainment Books, scholarship luncheons, memorials and other gifts, and interest earned by the \$30,000 CD which the organization has had for some time. The concern is that the entertainment books sell for less now, and therefore even though we sell more, we get less profits. The CD earned very little interest this past year. The luncheon charge is \$5.00, and we usually have some type of raffle as well. With attendance down a little, that source of income has gone down as well. Since it was needed this year, general funds were used to supplement the scholarship money. We don't want this to continue.

I feel very strongly that the scholarships are one of the things that we need to continue to support. It always gives me pride to be able to say we are helping college students become educators. If you have ideas or suggestions of how to continue this service, please share them with any of the Executive Board members. You can reach me at 425 743-9755 or at bauercl@verizon.net. Input from our members is always appreciated.

SCHOLARSHIP FUNDING

And how you can help
by Donna Murrish, Treasurer

As you know funding scholarships for youths going into education is an on-going project for Sno-King members. Currently we're awarding 4 scholarships, chosen from applicants from Edmonds, Northshore, and Shoreline School Districts.

Funding for the scholarships comes from donations, memorials, sales of Entertainment Books, luncheons, and interest from a CD investment. In past years, when interest rates were good, we were able to fund one scholarship just from the CD interest. As you might guess, that is no longer possible with today's interest rates.

So our fund-raising sources are memorials/donations, 2 scholarship luncheons, and our main fund-raising project - sale of Entertainment Books. In order to build up the scholarship fund we need to be especially diligent this year and we need your help.

Here are some suggestions:

1. Purchase an Entertainment Book for yourself.
2. Ask your neighbors, family, friends to purchase one.
3. Give one or two as gifts.
4. Remember the Scholarship Fund when you make a memorial donation for someone.
5. Give a donation to the fund.
6. Come to a luncheon - there are two each year; one in November and one in April. All proceeds go to the Scholarship Fund.
7. If you have any good funding ideas, we're open for suggestions. **Please let us hear from you.**

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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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Walk for the Health of It

Are you interested in keeping track of all those miles you walk? How about joining with other members of SKSR between September 18 and November 1 and doing just that? In the last couple of years, many of us have joined the Governor's Health Bowl, and become part of the effort to reach the governor's goal of 2.5 million miles.

We'd like to kick off this event by having a get together at the Edmonds Marina on September 18. We'll meet at 9:30 at Arnies in Edmonds, do our walk, and get together at the Edmonds Senior Center afterwards for coffee. Then on October 12, we'll have a "walk the mall" session at the Alderwood Mall and get together at Auntie Annie's after that for coffee.

Forms will be available after the first of September. You can get them at the September 16 luncheon at the Pancake Haus or by calling Erma Snook (425-776-2067), Ellie Bonanno (425 778-0751) or Cheryl Bauer 425-743-9755. On the first of November we will all turn in the tally sheet records of our activities and submit our data to join other WSSRA Units in helping to meet the Governor's goals. You can also go to the following website to find out more about the statewide effort in improving our health. <http://www.whf.org/>

Do You Want to Volunteer with Kids and Families?

Volunteer with Child Care Resource & Referral, a program of Volunteers of America Western Washington as a play group facilitator. Work with staff to develop curriculum for play groups in Snohomish County. Lead circle time activities, songs, and games with young children and their families. Model developmentally appropriate activities for children to parents and caregivers. Connect parents and caregivers with informational and community resources. Help get kids ready for school! Does this sound great to you? Contact Katie Langner for more information. 425-259-2973 x2347 Vista-FFN@voaww.org

ENTERTAINMENT BOOKS

Entertainment 2010 books have arrived and are ready for distribution. Books are again \$20 each and proceeds go to the Scholarship fund. To order your book(s), please call or email me and I will be out of town from Sept 2 - 9, but if you leave a message or send an email, I will take care of orders as soon as I return. Thanks, Donna (206) 363-5753 or donnamurrish@comcast.net

General Membership Meetings Mark Your Date Book

September 16 - Luncheon meeting at Noon,
Edmonds Pancake Haus
November 19 - Scholarship Luncheon, Unitarian
Church, Edmonds, Noon
February 18, 2010 - General Meeting, 1PM to
3PM, Board Room, Edmonds School District
April 15, 2010 - Scholarship Luncheon, Unitar-
ian Church, Edmonds, Noon
May 18, 2010 (Tentative), Joint Meeting with
Sno Isle, (They host)
July 15, 2010 (Tentative), Picnic, Noon,
Edmonds City Park

Welcome New Members:

Pg 17 Bruck, Karen L, 18317-68th Ave W
Lynnwood, WA 98037

Deceased:

Pg 14 Benson, Boyd O. 8/09
(Shoreline Dist)

Pg 51 Park, Laura P 8/10/09
(Edmonds Dist)

Pg 62 Stevenson, William G 7/9/09
(Shoreline Dist)



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HELP US WITH INFORMATION TO PUT IN THE *BULLETIN*

The deadline for the next newsletter is 8:00 AM, **Friday, October 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, **Marion Fyall** marionkf@comcast.net or 425-776-5297

To help with mailing our next *Bulletin* on Monday, November 2, call **Alice Bingaman** 425-778-1343, **Betty Odle** 206-525-8276 or **Joan Hertrich** 425-778-9572

Address Changes:

Pg 12 Barker, Dara, 8609-8th Ave W, Apt 4, Everett, WA 98204-1638

Pg 18 Casebeer, John, 21027 Tyee Rd, Mount Vernon, WA 98274-9578

Pg 27 Forslof, Duane J R, 1320 Queen Anne Ave N, Apt 6, Seattle, WA 98109-3149

Pg 40 Law, Kathleen, 4407 Witter Rd, Langley, WA 98260-9545

Pg 49 Nolan, Florence (Tish) G, 10901-176th Circle NE #3710, Redmond, WA 98052

Pg 51 Park, Grace B, 1 Ensenada Ln, Palm Desert, CA 92260-1623

Pg 52 Peterson, Douglas A, 205 Lamar Dr, Mukilteo, WA 98275-1731