

SKSR Bulletin

A message from Our Coordinating Chair Evelyn Nordeen



www.sksr.org

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PATIENCE!

"Patient men win the day." John Clarke,
Parcemologia, 242.

"How poor are they that have not patience!"
 Shakespeare, *Othello*. Act ii, sc. 3, 1.376.

"God grant us patience!" Shakespeare,
Love's Labour's Lost. Act. i, sc.1, 1.197.

If anyone has experienced patience, it is our speaker for the April 15th Scholarship Luncheon---

Dr. Rick Stevenson, son of former Shoreline Superintendent Dr. William Stevenson. As Rachel Lake states "For over ten years he has worked on his film, "Expiration Date", first writing it, then raising the money to get it made, then producing and directing it. Hear Dr. Rick Stevenson speak on "Mission 1, the 5,000 Days Project." His aim is to "make the world a better place." Come, April 15th at noon. (Details on page 4.) Meeting the senior high school scholarship winners is always like the breath of spring. Their achievements to date will give us all inspiration.

WHAT WE'RE DOING

Progress has been taking place. The N.S.D. Superintendent Larry Francois--George Washington/ Jim Hodges general meeting February 18th was excellent! Many gift bags have been sent to military women in Iraq as a result of the February/ March project. New members are joining our ranks, and we welcome them whole heartedly. Our focus on legislation in Olympia is valuable. Superintendents were apprised of Retired School Educators Week March 15-19. Five Retirement Seminar sessions have been held at the Edmonds S.D. Ed. Service Center sponsored by Edmonds S.D. and SKSR. Plans for the joint May meeting with Sno-Isle will be exciting. June 4th Mariner baseball game is a night you will not want to miss.

Do come and join us when possible. SKSR needs you!!

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MARK YOUR DATEBOOK

Scholarship Luncheon
April 15
Dr. Rick Stevenson

May 18 Joint meeting w/Sno Isle
 June 4 Mariners vs LA Angels
 June 7-9 WSSRA Convention
 July 22 SKSR Picnic

SKSR Board Meetings

1:00 PM,

Edmonds SD ESC
 20420 68th Ave W,
 Lynnwood

Everyone welcome!

April 8

May 13

July 8

Try our website

www.sksr.org

LEGISLATIVE NEWS

At this writing (March 8th), the questions of how to balance the budget and whether the legislators will be able to finish in time is still up in the air. This short session has been a difficult time for all concerned.

We have supported SSB 6584—Monitoring and reporting customer complaints and appeals to the State Health Care Authority. It has passed the Senate and the House and has been sent to the Governor. It will probably be signed by her as it is a good government proposal and is estimated to have zero cost.

Another bill we have watched is ESSB 6426—Eliminating Board and Commissions, as amended by the House State Government Committee is still in Ways and Means, so we don’t know the fate of that bill. It is important to keep the SCPP committee as it is essential that current and future retirees have a forum to have their pension concerns addressed. Do check the State Journal for more details on both of these bills.

We activated the telephone tree twice during this session. Thanks to those people who made the contacts as it makes a huge difference when the legislators hear from us. We must continue our vigilance!

MAY 18 MEETING WITH SNO-ISLE

Sign up today to attend the annual Joint Social (and light meeting!) with Sno Isle on May 18th. This is Sno Isle’s turn to provide the venue! They have lined up great entertainment and a great menu at the Spaghetti Factory in Lynnwood at 11:45 a.m.. You need to RSVP to Erma Snook by May 11 at egsnook@comcast.net or 425-776-2067.

Your menu choices are threefold:

1. Spaghetti Marinara \$10.50
2. Sicilian Meatballs \$14.30
3. Chicken Marsala \$15.00

Make Checks Payable to SKSR

Fee includes entrée, salad, dessert
 choice of 3 drinks, taxes and gratuity

We will be entertained by the Village Community Music Group with a short presentation about the Village Community. This group is locally renowned, has their own CD, and comprised of special needs adults from this vocational and residential service center. They are good and they are loud!!

Sign up today to support SnoKing, SnoIsle and the Village Community. See you there!

APRIL SCHOLARSHIP LUNCHEON

**THE APRIL 15TH GUEST SPEAKER:
DR. RICK STEVENSON**

Our guest program speaker for the April 15th Scholarship Luncheon will be Dr. Rick Stevenson, former Shoreline Superintendent Dr. Stevenson’s son. He is a graduate of Whitman College and earned his BA degree in 1977.

Rick is a director, writer, and producer who is known for his work in film and television in the United States, Canada and Great Britain. He made his feature film directorial debut in 1995. He earned his PhD in international relations from Oxford University, is a 20th century historian and author of *The Rise and Fall of Détente*.

For over ten years he has worked on his film, *Expiration Date*, first writing it, then raising the money to get it made, then producing and

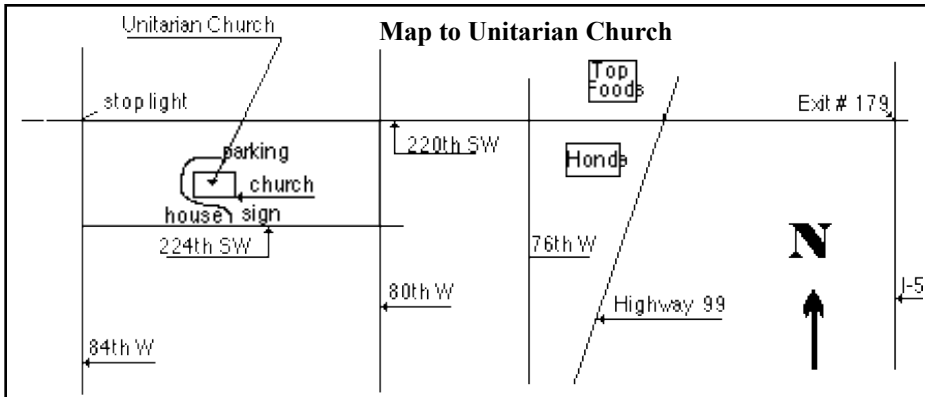
directing it. Over 30 awards have been given for the best film, actor, feature, cinematography, screenplay, director, actress and audience award. Finally, he has traveled worldwide to help find distribution for the movie and build an international audience for it.

Rick says “The thrill of independent filmmaking is the opportunity to make something that captures your voice as an artist and lets you share your point of view of the world in a way that moves people.” TheFilmSchool, was founded by Dr. Stevenson with Tom Skerritt and Steward Stern. (For more information, see <http://thefilmschool.com> and www.rickstevenson.com.)

He has outlined his “Missions” which is designed to use his knowledge of business and film to make the world a better place.” He will speak on “*Mission 1, the 5000 Days Project*” that

will give an update at the Sno-King’s Scholarship Luncheon, April 15th. This was first presented at one of Shoreline Public School Foundation’s Breakfast in 2001.

Be sure to make a luncheon reservation with Betty Odle. 206-525-8276 or bettyholmodle@msn.com.



SNO-KING SCHOOL RETIREES’ SCHOLARSHIP FUND
 The purpose of the SKSR Scholarship Fund is to assist carefully selected graduating seniors majoring in education from Edmonds, Northshore and Shoreline School Districts in reaching their goals. Contributions are tax deductible.
 Enclosed is a contribution of \$ _____ As a special gift _____ Or in memory of _____
 _____ Or in honor of _____
 on the occasion of _____
 Please send acknowledgment to
 Name _____
 Address _____
 Donor’s name _____
 Address _____
 Make check payable to Sno-King School Retirees’ Scholarship Fund. Mail to:
 Sno-King School Retirees, PO Box 33962, Seattle WA 98133-0962.

The Scholarship Luncheon will be at the Unitarian-Universalist Church 8109 - 224th SW at 12:00 Noon There will be a raffle with all proceeds from the Luncheon & raffle going to SKSR Scholarship Fund

Welcome New Members:

- Pg 11 Arnot, Timothy S, 506 N 143rd St, Seattle, WA 98133-6834
- Pg 12 Baerwald, Diane K, 3530-233rd St SE, Bothell 98021-8961
- Pg 14 Beyer, Charlotte R, 18609-16th Ave NE, Shoreline 98155-2301
- Pg 15 Boehm, Mark A, 12124 NE 286th St, Duvall, WA 98019-8004
- Pg 22 Dahl, Laurella R, 14610 – 134th Ave NE, Woodinville, WA 98072-4602
- Pg 30 Haag, Enid E, 1001-5th Ave S, #105, Edmonds 98020-4053
- Pg 35 Jennings, Alison F, 945 W Emerson St, Seattle, WA 98119-1418
- Pg 39 Laatz, Leah C, 3974 Country Lane NW, Bremerton 98312-1636
- Pg 40 Leahy, Betsy B, 12433 NE 163rd Pl, Woodinville, WA 98072-7998
- Pg 41 Leigh, Barbara A, 7737 19th Ave NE, Seattle, WA 98115-4433
- Pg 44 Massengill, Michael D, 4819 212th St SE, Bothell, WA 98021-7967
- Pg 45 McKerney, Bonnie S, 17919 121st St SE, Snohomish, WA 98290-8697
- Pg 52 Pence, Katherine C, 2208 236th St SE, Bothell, WA 98021-9564
- Pg 53 Phillips, Robert W, 3012 NE 110th St, Seattle, WA 98125-6845
- Pg 53 Phipps, Debbie, 21624-43rd Dr SE, Bothell, WA 98021-7280
- Pg 54 Potts, Sharon L, 23511-19th Dr SE, Bothell, WA 98021-9541
- Pg 63 Stokes, Kari A, 21526-144th St SE, Monroe, WA 98272-8697
- Pg 65 Trexel, Michaela A, 9502-17th Pl NE, Lk Stevens, WA 98258-8591
- Pg 67 Walters, Robert J, 14326-93rd Ave NE, Bothell, WA 98011-5148

IN MEMORIAM

Ed Aliverti passed away February 3 after a battle with pancreatic cancer. He was a beloved choral director and counselor in the Edmonds School District. Later he worked in a number of roles at Edmonds Community College. In addition, Ed participated all over the community and state in many volunteer roles. Mr. Aliverti was renown for announcing wrestling matches from high school meets to the Olympic Games. He will be deeply missed by all who knew him.



For all your real estate needs call
Marilyn Irwin
 Windermere Real Estate/GH LLC
 425-672-1118—206-300-4438

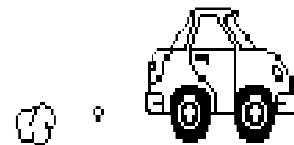
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For rent: Scottsdale Condo
 1 bdrm, furnished near Old Town
 pool, jacuzzi, laundry
 Jan.-Mar. \$850.00 month
425 788-3292 or 206 601-8733

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AARP's 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.



Spring 2010 dates

April 21 - 22
 May -18 & 19
 June 22 & 23

HEALTH SERVICES by Gordon Bowers**AN OLD FRIEND COMES TO THE TABLE:**

Beans can have a significant medical impact if you are diabetic, but also can be a beneficial affect on any diet – lowers blood measurements (sugar). A 2009 issue of *Diabetologia Magazine* reviewed 41 studies of foods that had an effect on blood sugar and found that garbanzo, black pinto, white and kidney beans all lowered blood sugar by eating a half cup daily. The medicinal effect was about half that of the over-the-counter drugs.

The study confirms research that soluble fiber can improve blood sugar levels, and beans are a great source of soluble fiber as are many fruits and vegetables – especially barley and oats.¹

HEALTH BENEFITS OF CHOCOLATE: (both light and dark): Cocoa makes up most of chocolate, and this may be good for your heart. Researchers reported in the American Journal of Clinical Nutrition Study that 45 overweight adults ate only dark chocolate without cocoa powder. After only two hours, those who drank dark chocolate had a lower blood pressure and better blood flow than the placebo group. Sugar free cocoa produced healthy results in a 2009 study by the Journal of Internal Medicine. 1000 people who had their first heart attack were tracked for eight years. Those who reported eating chocolate twice a day or more a week were the least likely to have a fatal heart attack. The reason – cocoa has plant nutrients that help arteries stay open, improving circulation, lowering heart and stroke risks. The best dark chocolates are the purest and have the most flavonoids.²

EXPERTS ADVISE ON SUCCESSFUL AGING:

They offer help with plans to get the most out of life. As 80 million baby boomers enter their twilight years, some of the gems of wisdom are from Robert Butler, head of the International Longevity Center Research organization with a goal of getting older people out of their chairs, eat more healthy food and work at something they enjoy. “We need to alter our thinking about old age: Butler says, “And realize that it can be positive and constructive”. Other experts say that change in thinking is long overdue. US Census Bureau forecasts that age 65 and up will jump from today’s 38.7 million to 88 million by 2050, and predictions for the average life span could be 86 for a man and 93 for a woman by 2050.

Elation over more golden years is some what muted by statistics. In 1900, life expectancy was 47.3. in 2000 it was 77, in 2010 78.3, in 2020 estimate 79.5. It would call for a giant leap in medical miracles to reach past age 90 average age.

The financial strain on the US economy of Medicare, Medicaid and Social Security is expected to rise from a cost today of seven percent of the gross national product to 12 percent by 2020. The answer to this problem is well stated by expert John Rother, executive VP at AARP, who points out that “About two thirds of Americans today retire from their principle jobs when they are 62, the first year they can get partial SS benefits. Other experts agree that part of the solution is to keep people working many years longer. In the words of Larry Minnix, President of the American Association of Homes and Services for the Aging, says “I believe the word retirement in a decade will be a quaint, charming term that people used to use”.

The experts point out – there is no national health strategy on obesity, epidemics or the number with Alzheimer’s disease. That will nearly double every twenty years, and society isn’t well organized to give help to the aged.

On the positive side of the golden age, seniors today are living more independently, more are living longer with cancer and other lengthy illness due to better screening, treatments and are happier than ever.

Advice to people new to old aging – the experts sum it up with: stay in your own home, if possible, work longer, find volunteer or government subsidized employment. Last April, Congress created a new opportunity for seniors called “Encore Fellowships”. The project will provide training and pay \$22,000 per year volunteer work or government service. The experts point out that seniors who remain in the work force maintain their cognitive abilities, physical dexterity and social connections better than those who retire early. Most Americans like their work, finding it a source of their identity and meaning in life. Please read the source.³

CHUCKLES:

The fourth grade teacher on the first day of school asked, “Melvin, how do you spell your last name, is it plum?

“No Mam, our plum has a B on the end of it”.-----

Gordon

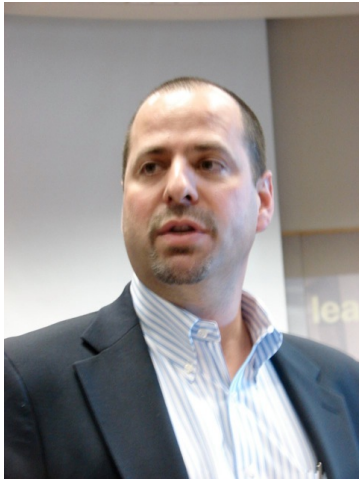
A two year old ran to a man in the crowd calling Daddy, Daddy!! He picked her up and said, “No sweetheart, I’d like to be your Daddy,” handing the girl back to the embarrassed young mother said, “I think I would have remembered”. ----- unknown

¹*Mayo Clinic Health Letter* March 2010. p.5.

²*John Hopkins Health after 50* February 2010 p.8.

³“Get Ready for Age Wave” *US News and World Report*, February 2010 p. 19-22.

February Program includes U.S. President and Northshore Superintendent



Larry Francios, Superintendent of Northshore School District

About 50 people came to our Feb. 18th meeting. Larry Francios, superintendent of Northshore School District, spoke of the many positive things occurring in that district plus some of the challenges. Three of their measures had just passed which means they can continue with their programs. Larry is a member of our group and we thank him for taking the time to come to our meeting.



Dr. James Hodges as George Washington

We were honored that “George Washington” came to celebrate his 282nd birthday! Dr. Jim Hodges does a wonderful portrayal of our first president. Dr. Hodges has always been interested in history and especially George Washington. After retiring from corporate life, he started giving talks and decided first person presentation was more effective. You feel like George is there as he wears the uniform, complete with waistcoat, breeches and three cornered hat. We found out the history of how he inherited Mount Vernon.

Dr. Hodges love of education was apparent and he talked about being a lifelong learner.

Dr. Hodges has recently moved to the northwest and we felt honored to have him. He has written a book *Beyond the Cherry Tree* which is available at our bookstores and the library. His website is Jim@leadershipbygeorge.com.

Ellie Bonanno thanks everyone who attended the meeting. Thanks also to Marlene Johnson and Marilyn Alaniz for the coffee and cookies and to Virg Rayton for chauffeuring George to our meeting.

Time In The Garden

Are you ready to make your gardening easier? Do you want a "green" approach? Maybe you desire seasonal/year round color? Have your plants been incorrectly pruned and look it? Every project is unique to the home owner's sense of style and their requirement for use. My philosophy is less is more. It is not how much you put in but what you put in that makes and creates a special outdoor space. All this---so you can better enjoy your time in the garden!

Landscape services:

- *Personal Designs
- *Unique Containers
- *Revitalize Mature Landscapes
- * Horticulturally Correct Pruning
- *Garden Coach for the Do-It-Yourself Gardener
- *Emphasis on Low Maintenance, Drought Tolerant Plants



Please contact me and let me know how I may be assistance to you and your landscape project.

**Krist Sharpe 425-745-8526 kjsharpe@yahoo.com
Landscape Designer-----Retired Shoreline Teacher**

Acceptance of this paid advertisement does not imply SKSR endorsement

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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Soldier Appreciation Bags

Thank you to all who donated to the Soldier Appreciations Bags for the Army medical personnel stationed at Taji, Iraq. SKSR members donated \$430. Jim Siscel approached two other groups—Snohomish County Chapter, Reserve Officers Association and military instructors of Junior ROTC units in the Puget Sound Area. Between these two groups he raised an additional \$282. On Wednesday, March 3rd Erma and Gil Snook, Virg Rayton, Donna Murrish, Barb Berg, Andrea and Jim Siscel packed 64 gallon ziplock bags with a variety of snack goods and personal items. Thank you to those that volunteered but because of a scheduling conflict were not able to help. On Thursday Jim took five shipping boxes weighing a total of 140 pounds to the post office for shipping. This was a very successful project again and Jim knows that the soldiers will enjoy the items in the bag.



Around the table from left to right--Gil Snook, Donna Murrish, Erma Snook, Virg Rayton, Andrea Siscel

Last Chance to Order Mariners Tickets Come with the Sno-king School Retirees families and friends on an exciting evening to the Seattle Mariners game on Friday, June 4th at 7:05 pm. The Mariners will be playing the Los Angeles Angels. The price for the ticket is \$12 per seat. Jim Siscel has extended the deadline for receiving your order to Friday, April 16th. Make your check payable to Sno-King School Retirees. Mail your check and order to Jim Siscel, 19322 73rd Place West, Lynnwood WA 98036. Questions: Jim-425-778-7202 or asjs68@earthlink.net.

We would like to move into the 21st Century and be able to communicate with those of you that have e-mail addresses. Examples for this would be when the SKSR Board has a concern about a legislative situation; or to invite you to a special meeting; or to let you know that our *Bulletin* has been published. Let Donna Murrish (donnamurrish@comcast.net) know your e-mail address.

Affordable Living for Exceptional People

Foundation House at Bothell is a full-service not-for-profit retirement community sponsored by the Seattle Education Foundation.



Affordability—Comfort—Beautiful Setting

Call today to learn more about our Retired Educator Incentive Program!

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Sno-King School Retirees
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Seattle WA 98133-0962

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Seattle, WA**

ADDRESS SERVICE REQUESTED

HELP US WITH INFORMATION TO PUT IN THE BULLETIN

The deadline for the next newsletter is 8:00 AM, **Friday April 23**

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**, donnammurrish@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, **May 3, 2010**

Alice Bingaman 425-778-1343, **Betty Odle** 206-525-8276 or **Joan Hertrich** 425-778-9572

Address Changes:

- Pg 13 Becker, Martha C, 17720-154th Ct NE, Woodinville 98072-9224
- Pg 32 Helsel, Esther M, 4550 Latona Ave NE, Seattle 98105-4848
- Pg 34 Hunt, Harold C, 200 James St, Apt 103, Edmonds 98020-3573
- Pg 36 Johnson, Dorothy H, 10315 E Riverside Dr, Apt 320, Bothell 98011-3784
- Pg 38 Knox, Jennifer A, 17426 Bothell Way NE #A307, Bothell, WA 98011-1951
- Pg 48 Newell, Margaret E, 16708-55th Pl W, Lynnwood 98037-3097
- Pg 67 Warren, Gordon L, 2990 E Riverside Dr, #259, St George, UT 84790-6424
- Pg 69 Wilson, Celia M & David A, 23823 Lake Dr W, Bothell, WA 98021-8579

Deceased:

- Aliverti, Edward G February 3, 2010 (Edmonds Dist)
- Freng, James A January 2010 (Edmonds Dist)
- Langford, Eileen R February 24, 2010 (Shoreline Dist)