

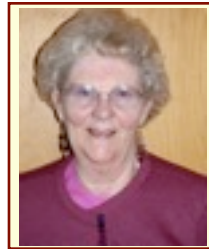
SKSR Bulletin

A message from Our Coordinating Chair Evelyn Nordeen



www.sksr.org

Evelyn Nordeen, Coordinating Chair
 Cheryl Bauer, Secretary/Schl Fin
 Donna Murrish, Treasurer/Mailing/Schl Fin
 Rita Requa, WSSRA President
 Betty Odle, Historian/Luncheons/Picnic
 Rachel Lake, WSSRA PAC Treas
 Ellie Bonanno, WSSRA Legislative/Schl Fin
 Bob Nordeen, Membership/Schl Fin
 Cheryl Bickford, Scholarship/Luncheons
 Bob Jones, Retirement Planning/Web Page/
 Outreach
 Alice Bingaman, Telephone/Scholarship
 Gordon Bowers, Health
 Keith Lindaas, Linda Fitzgerald, Scholarship
 Joan Hertrich, Telephone
 Marlene Johnson, Marilyn Alaniz,
 Hospitality
 Virg Rayton, Grants
 Erma Snook, Past President/Schl Fin
 Marilyn Dauer, Membership
 Dick Stucky, Don Denton, Schl Fin
 Marion Fyall, Sunshine
 Barbara Berg, Scrapbook
 Dave Johnson, *Bulletin* Editor/Schl Fin



FIRST IN OUR HEARTS

"A citizen, first in war, first in peace, and first in the hearts of his countrymen."

Colonel Henry (Light-Horse Harry) Lee.

"Simple and brave, his faith awoke plough men to struggle with their fate;
 Armies won battles when he spoke, And out of chaos sprang the state."

Robert Bridges (Droch), Washington.

The February general meeting on Wednesday the 18th will be as close as one can get to personally know George Washington! What an opportunity!

Twenty SKSR members turned in their total walking hours to the Governor's Health Bowl of 2009. Entertainment book sales proved to be a worthy effort. The November Scholarship Luncheon was a genuine success with E. S. D. Superintendent Brossoit and "The Silver Steppers" featured on the program. Twenty-one teachers have received grants from SKSR to enhance their classroom needs. Now it is up to each one of us to monitor the legislature to protect our retirement fund. Be alert to obtain potential new members. We can increase membership with your participation.

See you at the February meeting!

"Washington, the brave, the wise, the good,
 Supreme in war, in council, and in peace,
 Valiant without ambition, discreet without fear,
 Confident without presumption.
 In disaster, calm, in success, moderate; in all, himself.
 The hero, the patriot, the Christian.
 The father of nations, the friend of mankind,
 Who, when he had won all, renounced all,
 And sought in the bosom of his family and of nature
 retirement.

And in the hope of religion, immortality."
Unknown, Inscription on Washington's Tomb.

YOU'LL FIND INSIDE

Coordinating Chair's Message.....1
 Calendar of Events.....2
 Meet George Washington..... 2
 Welcome New Members/Entertain Bks....3
 Scholarship Luncheon..... 4
 Health Services.....5 & 6
 Retire Seminar/Packages to Iraq6
 Scholarships/Gordon Bowers.....7
 Grant Award Recipients.....8
 Legislative News.....9
 Address Changes10

MARK YOUR DATEBOOK

**General Meeting
 February 18
 Meet George Washington
 Edmonds ESC**

- March 1 NW1 Coordinating Council
- April 15 Scholarship Luncheon
- May 18 Joint meeting w/Sno Isle
- June 4 Mariners vs LA Angels
- June 7-9 WSSRA Convention
- July 15 SKSR Picnic

GEORGE WASHINGTON IS COMING TO SNO-KING

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

- February 11
- March 11
- April 8
- May 13
- July 8

www.sksr.org

Editors note:
 Please notice the new format of the *Bulletin*.
 I am using a new program from Apple that makes it easier to place material. I hope that you will like it.

Reserve Feb.18th to hear George Washington give an outstanding talk to our group. He'll take us back to Mount Vernon, the Continental Congress and the Revolutionary War. We might even hear about his white horse. Dr. James Hodges, who recently moved to this area, will personify George Washington. He looks the part from breeches and waistcoat to the three cornered hat. He will speak on Washington's ethical ideals and how they are important in business and education. Many of our leaders set poor examples for our children.

Dr. Hodges was the vice president of Merrill Lynch while in business. He observed leaders who did not act in an ethical manner. He was an expert in the Revolutionary War and when he retired, he decided to portray our first president to make people aware of George's high ethical standards. He is a member of the National Speakers Association and has earned many awards.

Dr. Hodges has written a book *Beyond the Cherry Tree: The Leadership Wisdom of George Washington*. It will be available to buy at a reduced price.

There will be coffee and cookies at 1 o'clock on Feb. 18th, followed by a short business meeting and then we'll have the speaker. We meet at the Edmonds School District ESC. Do come and invite your friends to hear this inspiring and extraordinary speaker. Larry Francois, Superintendent of Northshore School District and SKSR member, will give a greeting at 1:20 P. M.

Welcome New Members (all 41 of you!)

Diana M Anderson
 Holly J Call
 Gretchen T Dixon
 James G Frans
 Larry A Hanson
 Dan D Hudy
 Corliss M Liekkio
 Marsha B Moore
 Arlene D Odom
 Kathryn Pihl
 Mildred Robinson
 Paul Shanahan
 Carrie A Thompson
 Paula R Wilson

Daniel E Boyd
 Jennifer C.S. Christensen
 Sharon L Fortin
 Vera M Haley
 Gaia S Hawkin
 Renee Jones
 Jennifer L Lohman
 Martha Nichols
 Shannon Peddycord
 Michelle M Ramey
 William W Rose
 Christy L Smullin
 RoseAnne M Tombelaine
 Margaret S Stephenson-Dahl

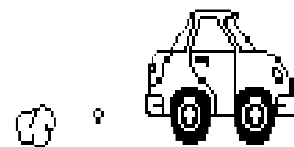
Angela T Burke
 Barbara Cruz
 Joanna C Freeman
 Frank J Halferty
 Sharon L Hetzel
 Priscilla K Krueger
 Caroline I Misener
 Kathryn Noble
 Trinh N Pham
 Rodger K Reinig
 Melinda L Ruud
 Laura E Storme
 Nam V Tran

ENTERTAINMENT BOOK PROJECT A BIG SUCCESS

Thanks to all of you who bought/sold Entertainment Books for 2010, we set a record in sales this year! With 166 books sold, we netted \$1,174 (just \$26 shy of funding one scholarship!) In addition to the book sales, many donations and memorials came in plus the money from the scholarship luncheon that was held in November. In April there will be another scholarship luncheon and with that we will really be on track to fund all four scholarships that are awarded each year. Thank you very much!!

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

Feb 10 - 11
 March 17 - 18
 April 21 - 22

NOVEMBER SCHOLARSHIP LUNCHEON

Scholarship Luncheon Report

To everyone who was at the November Scholarship Luncheon this will be a review for you. To those of you who weren't there, you missed a great program and a wonderful lunch. We had 49 paying attendees as well as our guests. The food was plentiful, and many thanks go to Betty Odle for all her organization in the kitchen.

The entertainment was provided by The Silver Steppers from the Mill Creek YMCA. They did several dances complete with costumes, music, and lots of action. A pianist



Silver Steppers of Mill Creek pose for their Photo

from their group provided music while the dancers changed. What memories some of those songs were!! Dr. Brossoit, Superintendent of the Edmonds School District, spoke to us about the upcoming levy in February, and the need during this time of financial cut backs from the state for local districts to fill in the shortfalls.

Thank you to those who contributed raffle items, and especially to Erma Snook, who worked hard getting raffle prizes from KC Martin, Stadium Florist, COSTCO, and Trader Joes. We collected \$215 with lots of lucky winners. The help given us



Gordon Bowers receiving Honorary Life Membership

by Virg Rayton, as we used the facility at The Edmonds Unitarian Church, made sure everything ran smoothly.

As most of you know, this luncheon is a fund raiser for the four \$1200 Scholarships that we give to graduating high school seniors from the districts we represent. With donations, (\$140 in memorials and \$155 in donations) raffle collection (\$215), and paid lunches (\$245), we raised a total of \$755. We hope to see lots of you at the April 15th Scholarship Luncheon. Look for more information in the *Bulletin* as the time draws nearer.



Mill Creek Silver Steppers perform their Cowboy Routine

HEALTH SERVICES by Gordon Bowers

NEW HEALTH BENEFITS OF VITAMIN D: The *Harvard Health Letter* of January reports that previous studies had given hope that fairly high doses of vitamin D might prevent falls by improving balance and strength. To carry studies further, Swiss researchers pulled data from eight controlled trials of 2500 age 80 and on who took daily doses of vitamin D 700 to 1000 IU, The results showed a 26% reduction in falls. All as published in the October 1, 2009 issue of the *British Medical Journal*.

Most daily vitamin tablets have 400 IU, but it's easy to find 1000 IU pills, and many doctors are so recommending in hopes of saving older patients from disastrous falls, and may be helped by an inexpensive vitamin that seems to have many benefits. Ask your doctor!¹

UPDATE ON SWINE FLU – not as bad as predicted: According to *The New England Journal of Medicine* in a study by the Imperial College of London, and the U S Center for Disease Control and Prevention. The study was funded by several groups in England and the US, including the Bill & Melinda Gates Foundation. Some highlights: Swine Flu has sickened about one sixth of Americans since the first H1N1 cases were reported in April of 2009; about 60% of H1N1 were in children, and most so if younger than age 4, according to Lyn Finelli, chief of the CDC Flu Division.

The spread of the H1N1 flu virus was less than the US pandemics of 1957 and 1968 when up to 20% of Americans had the flu virus. In an ordinary flu season, up to 40% of Americans get the flu virus. Even our local medical plan (United Health Care) adds that people 65 and older are the least likely to get the H1N1, but it is estimated that 90% of flu related deaths and more than 60% of flu related hospitalizations in the US each year occur in people 65 and older.

The best way to prevent seasonal flu is to get shot each year²

FEMALE STROKE – CAUSES AND PREVENTION: The *John Hopkins Medical Letter* points out some startling facts about the gender gap; each year more than 800,000 Americans have a stroke and 60% occur in women. Even though women live longer than men most of their strokes are later in life, but gender differences show up in midlife. With proper prevention, more than half of all strokes could be avoided.

There are two types of strokes – ischemic is when an artery blood supply is blocked; the other stroke is called hemorrhagic, involves bleeding inside the brain. Men are more likely to have symptoms of a transient ischemic attack (TIA). This ministroke may precede a major stroke, and male symptoms include, numbness or weakness of the face, arms, legs, trouble talking or understanding, poor vision, dizziness, loss of balance, and/or headache. Women are more likely to have different symptoms; as mental confusion, lightheadedness, general weakness, nausea, chest pains and/or palpitations. These different symptoms can cause health professionals to overlook the fact that a stroke has occurred. causing a delay in rapid treatment.

After age 50, risk factors are about equal for men and women; high blood pressure, smoking, diabetes, heart disease, cholesterol, obesity and/or lack of exercise. The gender factor kicks in for older women, according to a study by the National Health and Nutrition Examination Surveys – with 17,000 adults in the study, it was concluded that strokes increased among women ages 45 – 54 with women twice as likely to have a stroke as men.

Another gender factor is obesity, men are prone to have more tummy fat, abdominal obesity in women has increased in recent years and a waist measure of 35 inches or more is a greater risk factor in women.

The best suggestions for reducing risk of stroke is

of course a healthy life style, low body mass index, regular exercise, diet high in whole grains, fruits and vegetables. Also consider low dose aspirin. The American Heart Association recommends 81 mg daily. **Ask your doctor!**

If you think some one is having a stroke, take immediate action report all symptoms at the hospital and ask about thrombolytic therapy (tPA) which dissolves blood clots and must be done within three hours. The gender factor is more fair on this. Men and women are about equal.³

HAPPY THOUGHTS: Friends are the chocolate chips in the cookie of life.

The teacher was writing left handed. Her six year old pupil asked, "Mrs. Jones, did you know your arms are on backwards?"

¹Harvard Health Letter, January 2010, p. 3

²Marchione, Marilyn, Associated Press article in Seattle Times Dec. 31, 2009 p. A14 and Secure Horizons "Actions to Take This Flu Season" January 2010, p. 1

³John Hopkins Medical Health Letter "Health after 50" Vol 21, Issue 8 p.5 &5.

Retirement Seminars Seminar Schedule

The Edmonds School District, EEA, and the School Retirees Association are providing the District's 2010 Retirement Seminars for Edmonds, Mukilteo, Northshore and Shoreline school districts. These sessions are provided for employees and spouses at no cost and confirmation to attend is not necessary.

IMPORTANT NOTE: Time for all sessions: 6:00 – 8:00 pm except Session 3

Location: Edmonds School District Administration Building (ESC)
20420 68th Ave. W, Lynnwood, WA 98036

Session 1

Thursday – February 25, 2010

Who What When and Why

Katie Sherwood, Benefits Supervisor
Edmonds School District

What You Wished Someone Had Told You

Panel of Retirees • Q & A

Session 2

Thursday – March 4, 2010

VEBA III

Mike Smolko, VEBA Representative

•State Medical/Dental Plans

Health Care Authority

HCA Benefits Representative

continued p 7

SNO-KING PROJECT CARE PACKAGES TO IRAQ

This year the unit we have adopted to send CARE packages to is the 294th Area Support Medical Company located in Taji, Iraq. Jim Siscel's niece is a combat medic assigned to this unit. The Camp Taji Clinic is located in central Iraq and provides quality healthcare for more than 4,000 detainees and 1500 U.S./Coalition forces 24 hours a day. The clinic consists of more than 19,000 square feet of space. It provides health care such as Emergency Medicine, Dental Services, Physical Therapy and Behavioral Health services to name a few. Camp Taji is about 60 miles north of Baghdad. The camp has a very small, trailer-sized exchange with limited items. The company has 90 personnel, including 20 women. We will be doing separate packages with woman specific items for them.

Jim will be purchasing items for the packages using his Commissary privileges. If you are coming to the meeting on February 18th please bring a check for your donation payable to Sno-King School Retirees (SKSR) and give it to Donna Murrish. If you cannot attend the meeting and would like to support this project, please send a check payable to Sno-King School Retirees (SKSR) and send it to Donna Murrish, 11227 Goodwin Way NE, Seattle, WA 98125 by February 19th.

We did this same project two years ago for the husband of Jim's niece when he was in Iraq. The soldiers of his unit really appreciated our effort. We raised over \$900 for items for the 40 soldiers in his unit.

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

Acceptance of this paid advertisement does not imply SKSR endorsement.

SCHOLARSHIPS 2010

SKSR will award four \$1200 scholarships to graduating seniors from Edmonds, Northshore, and Shoreline School Districts. These scholarships then can be renewed for the next three years as long as the criteria are met. Graduating seniors interested in pursuing education as a career may apply, with the selection being made on the basis of scholarship, career goals in education, school activities, community service and may or may not include consideration of financial need. Completed applications must be post marked by the deadline of March 19, 2010. Applications may be found in each high school's scholarship center and also online at www.sksr.org. Winners will be honored at our annual scholarship banquet on April 15th.

Keith Lindaas and Linda Fitzgerald, Scholarship Cochairs

Gordon Bowers

At the November Scholarship Luncheon, we were pleased to have WSSRA State President Rita Requa present Gordon Bowers with an Honorary Life Membership in the WSSRA. To get this award, one must be 90 years old and have been active at the local and state level. Before retirement, Gordon was a principal in the Shoreline School District and Director of Facilities. Gordon has been an active member of Sno-King School Retirees since November of 1980. He has been on Membership, Legislative and Health Services Committees at both the local and state level. Currently, he is Health Services Chair and responsible for the articles on health that appear in every issue of the bulletin. Our congratulations to Gordon, and our thank you, as well, for all his years of service.

continued from p 6 **Session 3**
 Thursday – March 11, 2010
WA State Retirement System
 DRS Representative
Board Rooms
 5:00 - 6:20 pm TRS 1
 6:30 – 7:00 pm **Deferred**
Compensation Program (for all)
 7:10 - 8:30 pm TRS 3/SERS 3
WA State Retirement System

DRS Representative
 rooms 101 & 102
 5:00 - 6:20 pm PERS 1
 7:10 - 8:30 pm TRS 2/SERS 2
Session 4
 Thursday – March 18, 2010
Long Term Care Insurance
 Rip Curtis, President, CEBS
 Long Term Care Benefits
Getting Your Financial Ducks in a Row

Richard Fowler, CFP
 Sr Vice President, Investment Officer
 D.A. Davidson & Co.
 Portfolio Manager
 Christy Gatien, AAMS
 Financial Advisor, Portfolio Manager
Session 5
 Thursday – March 25, 2010
Social Security and Medicare
 Social Security Representative
 questions? Please contact Katie Sherwood

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!

Acceptance of this paid advertisement does not imply SKSR endorsement.

Phone: 425.402.9606



**17502 102nd Avenue NE
 Bothell, Washington 98011**



Twenty-four Educators Awarded Grants

Each fall SKSR members from Edmonds, Northshore and Shoreline who are somehow actively involved working with students are invited to apply for mini-grants of up to \$200. Their submitted proposals are to benefit students but teachers lack sufficient funding to accomplish this. Difficult economic circumstances of schools this year resulted in a record number of requests for the \$4,000 in awards. Sno-King School Retirees would like to congratulate the following 2009-2010 recipients and invite them to be our guests at the annual picnic at Edmonds Park, tentatively scheduled for noon on July 15th.

- | | | |
|--|--|---|
| Sheryle Bird, Edmonds
Maureen Cline, Shoreline
Sara Hedges, Edmonds
Karen Hughes, Edmonds
Marcia Kelly, Edmonds
Kim Mason, Edmonds
Trinh Pham, Shoreline
Melissa Sargent, Shoreline | Jane Blaylock, Shoreline
Catherine Feller, Edmonds
Peggy Hohnhaus, Edmonds
Mary Jeppeson, Shoreline
Jenny Knox, Edmonds
Shirley Nicholson, Edmonds
Jodi Richardson, Northshore
Sharon Turpin, Shoreline | Stephanie Cady, Shoreline
Britt Harris, Shoreline
Mary Jo Heller, Shoreline
Guin Joyce, Edmonds
Sheryl Lundahl, Shoreline
Laurie Nunnelee, Northshore
Sandy Sanders, Shoreline
Cathi Wrolstad, Edmonds |
|--|--|---|

Many recipients replied with e-mails expressing their heartfelt thanks after learning their proposals had been approved. Here are just a few examples:

"Thanks so much! I really appreciate it. I will certainly plan on attending the picnic as long as I'm in town! Wowie wow wow! I'm thrilled!" -- Kim

"You made my day! Thank you so much for the grant and for the kind words. I am grateful for any amount as every little bit helps and it won't come from my own wallet-ha! Please know how much I appreciate this. Because I have the 'lower' group for math, extra materials for the kids will definitely come in handy. You are all the best!" -- Jane

"I have been really sick, so reading this has been a highlight for me! Thank you, and I look forward to working with you." -- Mary Jo

"Thank you so much for the mini-grant! My kindergarten students thank you too! Now we will have funding for some of our special projects. I'd be happy to send some pictures! Gratefully, " -- Sheryl

SKSR board members who served on the committee to select and deliver awards are:
 Cheryl Bauer, Ellie Bonanno, Linda Fitzgerald, Bob Nordeen, Evie Nordeen, Betty Odle, Jim Siscel, Erma Snook and Chair, Virg Rayton.



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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Balancing the State Budget on the Backs of the Pension System Comes home to Roost.

by Richard Anderson WSSRA Executive Board Representative NW1

State Actuary Matt Smith told the Pension Funding Council on Oct. 1 that the State must pay \$650 million into the pension system this year and must double that payment for the 2011-13 biennium or the PERS1 and TRS1 plans will be broke by 2015. Senator Joe Zarelli of the Pension Funding Council said the State Investment Board has done a good job delivering an 8 percent gain over the past decade, but the Legislature's failure to make contributions during the good market years has meant the state lost out on earnings potential.

Over the years the Washington State Legislature has not followed the recommendations of its state actuary or its Pension Funding Council or its Select Committee on Pension Policy. Instead it has not provided its share that it is supposed to add to the funds that pension members have contributed month after month year after year. This has resulted in an unfunded liability for PERS 1 and TRS1 that now exceeds \$6 billion and growing. The Legislature passed bills promising to amortize the Plan1 unfunded liability by 2024. This past session the Legislature reneged on that and adopted a "rolling 10 year amortization plan." No one can explain what that means, except that the unfunded liability will most likely not be paid off by 2024. Meanwhile, the billions that should have accrued to the pension system were not invested and did not earn interest to fund pensions. Furthermore, after creating the Pension Funding Council in 1998, in 2001 the Legislature declared that, "any changes adopted by the Pension Funding Council shall be subject to revision by the Legislature." So much for that! Instead, the 2009-2011 pension contribution rates are 63.7% lower than those recommended by the PFC. Last legislative session the Legislature struggled with a \$9 billion dollar budget shortfall. As the Legislature gathers for its interim session in January, they will face another shortfall of 1 or 2 billion. Any bets on how the pension system will fare? WSSRA and other organizations tied to the Department of Retirement Systems will need to be vigilant.

Legislative News---Jan. 2010

For years the Legislature has not fulfilled their obligation to the Plan 1 pension system. If you remember last year, they wanted to not fully fund Plan 2 and 3. We worked hard to prevent that and it did not pass.

There were some proposals introduced but WSSRA was opposed to them as they did not address the Legislature's failure to adequately fund pensions. In the past, they have used such words as changing, moving, suspending, amending, and avoiding. The new language for 2009 was repealing, suspending and reducing. It is time that they step up to the plate and not manipulate their obligation.

There is one proposal that the State Treasurer is working on and we are **supporting** it with concerns. It has not been introduced as yet, so we will have to watch for it. It is Senate Bill 6516 Plan 2 Default for New Hires in PERS, TRS and SERS is a bill that we support. Upon employment, new employees have 90 days to choose Plan 2 or 3. If they do not make their preference, they are automatically put in 3. That plan has no gain-sharing. The default should be to Plan 2. The budget impact is that the state would save money in years to come.

It is a difficult year for everyone with the reduced revenue and the Legislatures have a daunting task. The phone numbers are on page 8 of our directory. You can get Legislative Updates at 1-800-221-1269 and the Legislative Hot Line for messages is 1-800-562-6000. We will activate the telephone tree when needed.

Scholarship Donations and Memorials A Huge Thank You

Scholarship donations were made by: Jim Siscel, Gordon Bowers, Andrea Boushey, Phyllis Fiege, Chuck & Pauline LeWarne, Lynette Myers, Bea Aigner, Julie Rusk, Lynda B. Watson, James & Marianne Lockhart.

Memorial donations to the scholarship fund were made by: Gary & Marcia Hirst in memory of Ruth Peltzer; Barbara Berg in memory of Margit Christensen; Priscilla Strand in memory of Bill & Betty Jean Stevenson; Gordon & Edith Bowers in memory of Bill Stevenson; Ellie Bonanno in memory of Ruth Peltzer and Patricia S Watson; Gamma Chapter of Alpha Delta Kapp in memory of Margit Christensen; SKSR in memory of Mary E. Skeers and Judith A. Guion.



Sno-King School Retirees
P. O. Box 33962
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 March 19**

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 Chair, **Marion Fyall** marionkf@comcast.net or
425-776-5297

To help with mailing our next Bulletin on Monday,

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

Address Changes:

- Pg 11 Anderson, Carol J, 12131-12th Dr SE, Everett 98208-5901
- Pg 15 Bonanno, Eleanor J, change email address to ejb2026@comcast.net
- Pg 34 Hyman, Margaret M, 12806 Bothell-Everett Hwy, #335, Everett 98208-6697
- Pg 36 Jones, David L, 1510 Debreton Lane, Mukilteo 98275-1726
- Pg 38 King, Charles F, same address, change apt # to 204
- Pg 40 Latham, Loriel L, 19309-65th Pl NE, Kenmore 98028-3417
- Pg 42 Lunnum, Lena D, 20420 Marine Dr, Apt BW17, Stanwood 98292-6154
- Pg 55 Reynolds, Tally, 18103-83rd Ave NE, Kenmore 98028-2819

Deceased:

- Pg 61 Skeers, Mary E 10/20/09 (Edmonds Dist)