

SKSR Bulletin

A message from Our President Rachel Lake



September 2010



SNO-KING'S SEPTEMBER PRESIDENTS' MESSAGE

Rachel M. Lake and Erma Snook
Co-Presidents

Welcome back to the beginning of a new Sno-King Association Year! We are eager to greet you and introduce you to an exciting year for our organization. Erma and I will be writing to you either together or separately in the coming

months, and we hope we will hear from you too. The first meeting in September will be a Membership Social and this will be a time for you to join us for an informal get-together and sharing. (See article elsewhere in the Bulletin. Also, please sign-up for attending.)

As we begin, we thought of a new motto that might help us focus on what needs to be done. We came up with this: REVIEW...RECONSIDER...RESET. And that's what we've been doing for the last two months: REVIEW and PLAN. What do we need to do to revitalize our organization? What are our limits and possible changes needed as we RECONSIDER both the new and old activities? Do our budget limitations and current economic situation allow us to continue with the goals, activities, and programs as in the past? Or, do we need to REEVALUATE and RESET some of them?

The August 11th Retreat provided an opportunity for the Executive Board to help map and point the direction we need to follow this coming year; in other words, RESET the GOALS of our organization.

We are on our way. We would like your input too, so please contact either of us. RachelMLake@comcast.net or Erma Snook, egsnook@comcast.net

A Note to Snow-Birds - When you head south within the next few weeks, please remember to let me know when you're leaving and when you expect to return. Thanks,
Donna M - donnamurrish@comcast.net

Rachel Lake, Erma Snook, Co-Presidents
 Roberta Hawkins, Vice President
 Cheryl Bauer, Secretary/Schl Fin
 Donna Murrish, Treasurer/Mailing/Schl Fin
 Rita Requa, Membership
 Betty Odle, Historian/Luncheons/Picnic
 Rachel Lake, WSSRA PAC Treas
 Ellie Bonanno, WSSRA Legislative/Schl Fin
 Bob Nordeen, Membership/Schl Fin
 Bob Jones, RetirPlan/Web Page/Outreach
 Alice Bingaman, Telephone/Schl/RetirPln
 Gordon Bowers, Health
 Keith Lindaas, Linda Fitzgerald, Scholarship
 Joan Hertrich, Telephone
 Marlene Johnson, Marilyn Alaniz, Hospitality
 Virg Rayton, Grants
 Evelyn Nordeen, Sunshine/ Past Coordinator
 Jim Siscel, Special Projects
 Marilyn Dauer, Membership
 Dick Stucky, Don Denton, Schl Fin
 Bruce Caldwell, Directory
 Barbara Berg, Scrapbook
 Dave Johnson, *Bulletin* Editor/Schl Fin

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MARK YOUR DATEBOOK

Fall Luncheon & Social Gathering
O'Donnell's Restaurant
September 16

November 18 Scholarship Luncheon
 December 8 Sing-a-long/Cookie Fair
 February 17 General Meeting
 March 3, 10, 17, 24, 31 Retirement Seminars
 April 21 Scholarship Luncheon
 May 20 Joint Meeting with Sno Isle
 June 6-8 WSSRA Convention
 July 21 Picnic

MARK SEPTEMBER 16TH ON YOUR CALENDAR

On September 16th, we will hold our first meeting of the year, a Kick Off Social Event!.

SKSR Board Meetings

- 1:00 PM,
 Edmonds SD ESC
 20420 68th Ave W,
 Lynnwood
 Everyone welcome!
- September 9
 October 14
 November 11
 January 13
 February 10
 March 10

We will meet at Shawn O'Donnell's Restaurant and Irish Pub, 122-128th St. S. E., Everett, WA 98208. Phone number is 425-338-5700. We will dine on Pub Fare in the Banquet Room on the lower level. The cost will be \$12 including beverage and tax and gratuity. The menu choices are: Fish and Chips, Reuben or Corned Beef Sandwich, Bacon Cheddar Burger, or Chicken Caesar Salad. **RSVP to Erma Snook @425-776-2067 or egsnook@comcast.net. Plan to arrive between 12 noon and 12:15 p.m to pay and to order your menu choice . We will dine around 1 p.m.**

We look forward to seeing you there and hope we have lots of new faces to join the rest of us! The prime purpose is just to socialize and reconnect as we kick off our new year! Barbara Berg will provide us with a walk down memory lane by having our Scrapbooks on display. And if you choose, sign up for the Governor's Health Bowl which begins on September 18th and purchase your new Entertainment Book for \$25 (see articles elsewhere in this issue). We are also signing up people who are willing to help fold newsletters for any or all of the six issues per year. And you will hear about the other programs planned for 2010-2011.

We will hold a short Business Meeting to elect the new slate of officers for 2010-2011. They are: Co-Presidents, Rachel Lake, and Erma Snook, Vice President, Roberta Hawkins, Secretary, Cheryl Bauer, and Treasurer, Donna Murrish. See you there!

Continued page 3



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SKSR Officers for 2010-2011 L to R Cheryl Bower, Donna Murrish, Roberta Hawkins, Rachel Lake, and Erma Snook

Continued from p 2

Directions to O'Donnells for September 16:

Driving north on I-5, take Exit 186 (128th Street). At end of ramp turn right, heading east. Go about 450 feet and turn right (south side of the 128th St) into O'Donnell's. Drive around to the back and lower level where the Banquet Room is located with a level entry.

Driving north on HWY 99, turn right (east) onto 128th St (Airport Road) and continue east on 128th crossing over the I-5 Freeway. Proceed another 450 feet to O'Donnell's on the right . Follow directions above.

Sno-King School Retiree's Officers Nominations

The new slate of officers for 2010-2011 to be elected at the September 16th meeting are as follows: Co-Presidents, Rachel Lake, and Erma Snook, Vice President, Roberta Hawkins, Secretary, Cheryl Bauer, and Treasurer, Donna Murrish.

Sno-King Membership Committee

Plans for the Sno-King Membership Committee for this next year include a presence at the Benefit Fairs of the Edmonds and Shoreline School Districts. (Northshore does not schedule Benefit Fairs) Additionally, the committee is planning to give short membership recruitment presentations at faculty meetings when possible.

It has been said that every member is a member of the Membership Committee. We are asking each member to recruit just one new member at a time. Membership forms are available from our own website, www.sksr.org, the WSSRA Journal and/or from the Sno-King Membership Committee. If you are interested in becoming a member of the membership Committee or need more information, contact Rita Requa, rrequa@comcast.net.

E-MAIL DELIVERY

We are well on our way to saving trees and \$! Since first announcing our email delivery campaign, well over 137 of you signed up to receive your Newsletter via email. We thank you so much!

Now for the rest of our 1196 members, we know you may have intended to sign up and haven't gotten around to it. Here's how easy it is: look over the "How I Want My Email Address Used" choices below and email your information to Donna Murrish at donnamurrish@comcast.net and you are signed up! You will receive your first Newsletter via email containing an attachment ready for viewing and/or printing. There are TWO big advantages to receiving your Newsletter electronically. First, you will receive it about 10 days, or more, earlier than snail mail and secondly, it will be in bright color! Our Editor is dressing it up just for our email customers!!!

Don't delay! Sign up today!

How I want my e-mail address used! In our attempt to conserve \$ and resources, make your choices below and email information to

Donna Murrish : donnamurrish@comcast.net

| | |
|---------------|--|
| Name | |
| E-mailAddress | |

Check the appropriate boxes below to indicate your preferred use(s) of your e-mail address. Use my E-mail Address:

| | | |
|--------------------------|----|---|
| <input type="checkbox"/> | 1. | In the Membership Directory 2010-2012. |
| <input type="checkbox"/> | 2. | To send me the Newsletter. |
| <input type="checkbox"/> | 3. | To inform me about Pension Reform, Legislation, Senior Issues, Events, Grant Information for Active Members, and/or PEBB (Public Education Benefits Board) Health Insurance issues. |

Legislative News

We have 2 rally cries this year—BE AWARE and BE READY. Here are a few ideas to implement that. BE AWARE

- 1. Be Aware of dates of upcoming election.
- 2. Be Aware of opportunities to get involved with candidates worthy of our support.
 - a. Display yard signs.
 - b. Help with mailings
 - c. Help get out the vote

3. Take advantage of opportunities to hear debates in your area.

BE READY

- 1. Be ready to explain our issues—see below--check if you have any questions.
- 2. Be a part of SKSR telephone tree or sign up for SKSR informational emails.
- 3. Be ready to contact legislators by email or phone. Have that contact information readily available.

Go to the www.wssra.org. to see the 2010-2011 legislative goals. Due to continuing economic challenges, WSSRA is focusing on the objectives in highlighted print. While you are at that website, you can also check the legislative message update for 8/12/10.

Unfunded liability

The legislators have been warned the increases in

pension and contribution rates, especially Plan 1 unfunded liability for years. We know that the employer’s bill for TRS/PERS 1 is past due and must be paid. We paid our 6% when we were working. Plans 2 and 3 are funded, remember when it was proposed to change this so they could dip into that money and we worked to prevent that.

Matt Smith, State Actuary, cites “poor investment returns, under funding of pensions and enactment of benefits which were unaffordable” for the problem. WSSRA believes that it’s not the enactment of much needed pension benefit improvements that is the problem: it’s the Legislature’s failure to pay for such benefits. This is an important issue and needs to be repeated and repeated to our candidates and Legislatures.

The days when the Legislature could manipulate employer pension contribution rates at will, and enjoy spending the “savings” are over. **WSSRA’s current top priority is that of ensuring that the State steps up to its obligation to responsibly fund its pension systems. The suggested contribution rates would double State pension costs, but are essential if the State wants to avoid even worse pension scenarios shortly down the road.** For example: There is a prospect of the State having to pay monthly Plan 1 benefits directly from the State General Fund if the TRS/PERS funds were to run out of money. Scary, isn’t it? *Continued p 5 (Legislative)*

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 1:00 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 2010 dates
September 13 & 14 M & Tu
October 20 & 21 W & Th
November 15 & 16 M & Tu
December 20 & 21 M & Tu

(Legislative) continued from p 4

The Public Employees Benefit Board (PEBB) has approved several changes to monthly premiums and eligibility. More will be available later but you can view some answers at <http://www.pebb.hca.wa.gov/documents/2011changes.pdf>. Though these premium increases are disturbing, take heart, PEBB enrollees could be facing even higher increase in premium rates, plus fewer benefits, if you were in a private sector individual health insurance plan.

It will be a difficult year with budgetary concerns. We need to be vigilant, provide leadership and promote action.

EXECUTIVE BOARD MEETS FOR AUGUST RETREAT

“Review...Reconsider...Reset”

Sno-King’s Executive Board met at the Northshore Foundation House on August 11th to plan for the upcoming 2010-2011 association year. Fourteen members reviewed the recommendations given by the Budget and Program Committees, and they established dates and places of events for the General Membership’s activities. The noticeable reduction in budget allocations for special categories was reviewed. Executive Board members gave high priorities for maintaining grants to our active members and for continuing the rate of contributions to our scholarship program. June WSSRA Convention costs for seventeen delegates required in order to maintain our “Unit of Distinction” was considered. Other ways to add to our budget revenue such as raffles, donation fund raising, and sale of Entertainment Books were reviewed.

Over 137 persons have signed up for the Email program which should help reduce the increasing costs of mailing the Bulletin. This year we are scheduled to print a new Directory and Erma Snook undertook a cost analysis of various vendors, which she presented options to the Board for their consideration. Our membership has grown, thanks to Bob Nordeen and the work he and others did last year in adding new members. Final adoption of the Budget will occur in September at its next meeting after the Board again reviews these changes.

Ellie Bonanno reported that we need to be vigilant in the upcoming session of the Legislature. With the

economic situation presenting considerable difficulty and possible cutbacks in the State’s budget, our members will need to communicate with legislators. This will be of utmost importance. Keeping up-to-date with Emails and phone calls to them as suggested by Ellie and Leslie Main, author of WSSRA’s “Legislative Insight”, will be extremely important. You can obtain a copy of the “Insight” by notifying WSSRA at www.wssra.org or by requesting that it be sent to you by Email.

New ideas and programs were explored as recommended by the Program Committee. A December Sing-along event with a Cookie Fair was added. Two scholarship luncheons will again be planned with musical programs included. This year we will have a Joint Meeting luncheon with Sno-Isle with Betty Odle’s niece, Karen Holm, telling us about her canoeing experience in the Arctic region. It is planned for May.

It promises to be an active and exciting year!

JUST FOR THE HEALTH OF IT

The annual Governor’s Health Bowl, organized so Washington State can become the healthiest state in the USA, launches **September 18, 2010** and runs (no pun intended!) through **November 1st**. Sign up and be ready to start logging your activity miles to contribute to the 5 million mile goal in six weeks again this year.

To sign up, email Erma Snook at egsnook@comcast.net or call at 425-776-2067 –just let her know you want to participate or sign up at the September 16th General Meeting Kick Off Social at O’Donnells. Remember your activity all day long counts. For a calendar to jot down your daily progress and a calculator guide to interpret your various activities into miles, go to www.sksr.org under the Bulletins tab and print out the Health Bowl Guide.

We will have two fun walks this year where we just gather to walk a route for fun together. On September 20th at 9:30 a.m. we will walk the Edmonds Waterfront Pier and stop by the Senior Center after for coffee. And then on the 13th of October, we will meet in the Food Court at the Alderwood Mall at 9:15 a.m. and have 50 cent coffee for seniors at Auntie Anne’s Pretzel place after. The more the merrier -- **join us!**

Last year’s “couples” category winners for WSSRA were our own Dave and Marlene Johnson! Let’s give them some extra competition this year!!



WELCOME, ROBERTA HAWKINS!

Sno-King welcomes Roberta Hawkins to our Executive Board. Roberta is a former Shoreline School District English teacher for Shorewood High School. She retired in June 2007 and has agreed to serve as our next year’s Association Vice President. Roberta grew up in Shoreline, attended the University of Washington. While there, she received both her B.A. and M.A. in English. Her M.A. in Education (in curriculum and instruction with an emphasis on technology) was earned at Lesley College in Boston, Maine.

As a coordinator, a facilitator, and a department leader in English and technology, Roberta has served on many projects and committees. She has been a panelist

for the National Assessment of Adult Literacy Standard Setting, a review team member for an English and Science College readiness project, and a presenter for both the Visions Tech Conference and at a WSASCD Conference. She served on OSPI’s Assessment Team for Writing, Grade 11. She was a Grant Reader for OSPI’s Technology Committee. She has been a judge for History Day competitions and for state PTA Reflection Contests.

Roberta’s writings include “Teaching Teachers to Teach with Technology: Do’s and Don’ts”, published in the *Computing Teacher*, May, 1994. She was the editor of Shoreline Schools’ history, *Shore to Shore and Line to Line*. She was honored to receive Shorewood’s Certificate of Award and their Golden Acorn Award in 1998.

She has traveled widely to the Western U. S., the East Coast, Canada, England, Australia, New Zealand, Germany, Austria, and France. Married to Tom, they live in Edmonds and have one married daughter.

Our Association appreciates Roberta’s willingness to share her talents, skills and leadership with us.

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**AN UPDATE ON OUR 2010 WINNIE
SMITH MEMORIAL SCHOLARSHIP
WINNERS:**

Emily Blair, WSU from Inglesmoor HS

Stephanie Dilbeck, WWU from Meadowdale HS

Darlene Germino, SU from Lynnwood HS

Each of these students will receive \$1200 for the third consecutive year.

Emily writes that she has thoroughly enjoyed her sophomore year at Washington State University. She always manages to stay busy between homework, being a Residence Hall Association Representative, going swing dancing every now and then, and her new job in the Library Preservation Unit, repairing books. Last spring she took her first Teaching and Learning Class. She won't be applying for the Teacher Program for another year - it is taking her longer because she is majoring in both English and History. Emily spent time during spring break observing at a junior high school and states that she is leaning more toward teaching in a high school but that could change. She finishes by saying, "Again, thank you so much for this scholarship and for everything that you have done for me. It has meant so much, and I greatly appreciate your aid of my post-secondary education."

Stephanie says, "Thank you all very much for your support! I have been working very hard during my time at college. I serve as the Vice President of the Student Washington Education Association chapter here at Western Washington University, as well as the Vice President of Community Coordination for Diversity Inspired Volunteer Educators." She applied to the Special Education department of Woodring College of Education in May of 2009 and was accepted for fall quarter 2009. She is enjoying the classes in her major and is in her second practicum, the first was in a middle school resource room and then she worked with second graders in Lynden.

"The dual endorsement program (Special

Education with an Elementary Education endorsement) is absolutely fabulous here at Western. My continuing plans and goals concerning the field of education include staying involved with the Student Washington Education Association ("I plan on running as President for next year") and Diversity Inspired Volunteer Educators". She would love to teach in an elementary school classroom and one day serve as a principal.

Darlene writes that during winter quarter of her sophomore year at Seattle University she took two education courses. "One provided an overview of several basic instructional methods and explored current issues in education. The other gave me the opportunity to intern at Franklin High School in Seattle. Through the internship course, I taught several Language Arts Lessons and formed mentoring relationships with two experienced teachers". Next year she will be taking more courses that can be applied toward a Language Arts endorsement. She is also considering completing courses for a Social Studies endorsement and a Psychology minor. Darlene concludes by saying, "Thank you so much for generously supporting me in the pursuit of an education that will allow me to help others actualize their full potential."

**IN APPRECIATION TO THE FOLLOWING
DONORS TO THE SCHOLARSHIP FUND**

SKSR in memory of Helen Beaver, Don Fitzgerald, Kristin Galante, John Greenwald, Anna Mae Kravik, and N. Josephine Mosney

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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Sno-King members and guests line up for food!

ANNUAL SNO-KING PICNIC

On July 15th, we gathered, as is tradition, at Edmonds City Park to celebrate our year’s end, to welcome our newly retired educator friends, to welcome a new slate of officers, to say good-by to our retiring Coordinating Chair and to hear, from some, about how they used their educator grants. We were delighted to see all the new faces!

The weather was wonderful, and Betty Odle’s planning for our picnic fare (especially those sweet and sour meatballs!) and Bob Jones’ keyboard serenade and the great meeting and greeting of friends all made for a very delightful afternoon.

Rachel Lake, PAC Treasurer and representing SKSR PAC efforts, raffled off baskets in support of our political activities for the coming election season. The proceeds are part of SKSR’s contribution to our legislative PAC efforts.

Many thanks were directed to our outgoing Coordinator, Evelyn Nordeen, for her tireless leadership during the past year. Her outstanding organization and guidance with rotating monthly chairs and all of her inspiring articles in the Newsletter and bringing the only Washington State National AARP Community Service Award to WSSRA and our local and for her witty and humorous presentation at State Convention to outgoing WSSRA President, Rita Requa, are only some of the highlights of her very successful year! She’ll be a really hard act to follow!

www.skrs.org



Picnic participants enjoy their food and fellowship

BENEFIT FAIRS

For Our Active Educators

We hope to see all of you active members at the Shoreline and Edmonds School District Benefit Fairs. The Shoreline Fair is on September 9th and the Edmonds Fair is on September 8th and 9th at their respective District Offices.

Stop by to say “hello” and bring a friend to sign up to join. Remember our educator grants are only available to members. Also sign up for your District Raffles held at each location. We are contributing an Entertainment Book 2010-2011 for each raffle. We will also be selling Entertainment Books for \$25. All proceeds go to the Scholarship Fund. You can support the Scholarship fund and get some great coupons at the same time!! See you there!

Welcome New Members:
 Pg 31 Hawkinson, Richard F, 15925-75th Pl W, Edmonds 98026-4523
 Pg 66 Velie, Nancy S, 17440-47th Ave NE, LFP 98155-4302

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HEALTH SERVICES by Gordon Bowers

A GRAIN OF RICE COULD SAVE A LIFE - This product called “Ultra Rice” can change people’s lives around the world. It is a food additive, the result of many years of research by a Bellingham father and son. They mixed rice flour, vitamins, minerals, seaweed, and cobbled together a rice grain squeezed into the shape and look alike of a regular grain of rice. The purpose is to produce a rice food that may reduce malnutrition in many parts of the world. About two billion people have rice as their main food and many suffer due to inadequate iron, folic acid, vitamins, and other essential nutrients. The Ultra Rice is about one grain in a bowl of rice and it looks and tastes all the same. Brazil and India are using Ultra Rice in school lunches. The health benefits will last a lifetime for millions.

A salute to the inventors of Ultra Rice, James Cox and Duffy Cox, who toiled with this project since 1985 at their small company, Bon Dente International, Lynden, Washington. They were granted a patent on Ultra Rice, tried marketing, finally, generously donated the patent rights to a Seattle non profit, Path, that manufactures and works with governments to introduce Ultra Rice to children around the world.¹

OTHER LOCAL HEALTH EXPERTS IN WORLD NEWS – The Director of the Institute for System Biology in Seattle, Dr. Alan Aderem is taking on another world task: to develop a vaccine for HIV/AIDS and tuberculosis that has plagued South Africa with six million HIV cases alone. Dr. Aderem will become chairman of South Africa’s Kwazulu Natal Research Institute of Tuberculosis and HIV, in Durham. From his work with Dr. LeRoy Hood of the Seattle Institute of System Biology, Dr. Aderem says, “Personally, I am going to bring the full force of System Biology to bear on global health”. He says that as a native of South Africa and a doctor mother there, he is driven by what he knows about Africa and the suffering there.²

GOOD CHOLESTROL LEVELS CAN BE INCREASED – This can give added protection from strokes or heart attacks. The Harvard Medical Staff points out the “good” cholesterol particle that sops up excess cholesterol from the plaque in arteries and dumps it in the liver. People with high density lipoprotein (HDL) seem to have lower rates of heart disease. The Harvard medical Staff urges “no pills” to raise HDL levels; there are other ways – brisk walking, aerobic exercise, eat good fats, omega, eat whole grain instead of refined carbohydrates, lose weight, quit smoking, and drink only moderately.

For many years niacin (vitamin B3) has been used to increase HDL, but this has side effects. It can increase blood sugar levels and cause liver damage. Besides, the most annoying is flushing, peoples faces turn red, itchy head, neck and face. After all that warning to avoid flush, take an aspirin 30 to 60 minutes before taking niacin. Harvard doctors urge that prescription niacin be used rather than over the counter as that may not be as pure. All that said, ask your doctor!³

FOR A SHARPER MIND – Have you ever heard of resistance training? Mayo Clinic Staff point out that to keep a sharp mind as you age can be helped by regularly lifting weight. They cite a year long study of 155 older women, ages 65 to 75 divided into three groups. One group lifted weights in one weekly session for 60 minutes. The second group had the same training twice a week. The third group had one 60 minute balance and other exercises, but not weight lifting.

The study by the Archives of Internal Medicine reported that the women in the first group showed best improvement in conflict resolution, decision making, and concentration skills. Their scores were 12% compared with those who lifted weights twice a week. They scored 10%. The third group that had no weight lifting had a small decline in test scores. Mayo doctors say that weight lifting offers a simple, inexpensive, non drug choice for keeping and improving cognitive skills.⁴

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

But what is happiness except the simple harmony between a man and the life he leads?Albert Camus

¹ Helm, Kristi *Seattle Times* July 25 2010 p. A1-12

² Helm, Kristi *Seattle Times* July 4 2010 p. A9

³ *Harvard Medical School Health Letter* August 2010 p. 6-7

⁴ *Mayo Clinic Health Letter* August 2010 Vol. 28 #7 p. 4

IT'S FALL AGAIN AND TIME TO GET YOUR 2011 ENTERTAINMENT BOOK!

This morning 160 Entertainment Books for 2011 were dropped at my doorstep. Now I need some help in getting them out of my hallway!

I looked through the book and it looks great. Your favorite places are still in there plus this year there are coupon savings for QFC and Bartell Drugs. You can pay for your book just by using these coupons when you go shopping. Besides the Entertainment card inside the book, there are several other cards attached for a variety of places.

The books this year are \$25. You can order yours by calling me at 206-363-5753 or sending an email to donnamurrish@comcast.net or by contacting any other SKSR board member.

Remember, this is Sno-King's biggest annual fundraiser project. Proceeds benefit our Scholarship fund. Besides yourself, they make good gifts. Tell your neighbors & friends.

Needed: -- ReadingTutors for ESL, GED and pre-GED students at Edmonds Community College!

Edmonds Community College's Volunteer Literacy Program offers a free training for adult

reading tutors 10 a.m.-3 p.m., Fri., Sept. 17 in Snohomish Hall 304 at the college, 20000 68th Ave. W, Lynnwood.

The Volunteer Literacy program, which provides tutoring to adults in the college's ESL, GED, and Basic Education programs, needs more reading tutors. Those who complete the training will be asked to commit two hours per week for six months as a literacy volunteer.

The training "Teaching Adults to Read: Components of Reading," will include the latest research into what works for adult learners and new strategies for teaching reading. It focuses on alphabetics, fluency, and comprehension skills. The training is funded by the National Institute of Literacy and based on the institute's research, publications, and recommendations for adult literacy instruction.

The one-day course will be taught by adult literacy expert Kathy St. John. Ms. St. John has worked in adult literacy for more than 20 years as an ESL teacher, literacy program coordinator, and a consultant for organizations including the National Institute for Literacy and ProLiteracy Worldwide.

For more information or to register, call Nancy Strom at 425.640.1032. Find out more about Edmonds Community College's Volunteer Literacy Program at <http://www.edcc.edu/vlp/>.

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APPLICATION PERIOD NOW OPEN FOR SKSR GRANTS

If you are an ACTIVE (WORKING) SKSR MEMBER of any employee group that interfaces with students, you qualify to make application for an SKSR grant of up to \$200 for use in facilitating your work with those students. Inventive members have variously used these funds in the past for a myriad of activities such as field trips, art materials, books, computer programs, PE equipment, calculators, chess timer clocks, lumber, tee shirts, games, musical instruments, etc. Applications are due by THURSDAY, NOVEMBER 4TH. The process is simple! **Just submit the following:**

1. A sentence or two explaining how the grant money will be used.
2. Amount of money requested. (\$200 limit)
3. Your name, address, grade level or assignment (if a teacher), school and district.
4. Principal's / Program Manager's name and school phone number

Applications are due by Thursday, November 4th, and recipients will be notified by Thanksgiving. Applications should be e-mailed to Virg Rayton, rayton@eskimo.com, Phone: 425-774-9414. An alternate e-mail contact is Rita Requa, rrequa@comcast.net.

Time In The Garden

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- *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 of 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.

GRANT THANKS

Dear Sno-King School Retirees,

I received your letter and invitation after I returned from vacation. Unfortunately I was gone on the day of the picnic.

Please formally thank the Sno-King School Retirees on my behalf for the \$150 grant that provided a wonderful opportunity for my kindergarten students. The grant provided money for a classroom visit and beach walk guided by a Beach Ranger and also helped with the bus transportation.

A high percentage of my students are ELL and of a low socio-economic status. This beach experience was a first for many of them. We all enjoyed the day and learned much. The kindergarteners and I are grateful for your support.

Sincerely, Karen Hughes
Spruce Elementary, Edmonds

Dear All SKSR members,

I apologize this letter is after the fact. I've just opened my email on vacation, and I am so sorry to have not communicated with you before your picnic. I am so grateful for your scholarship for earphones. They were used almost daily by my ELL students on various computer programs to help them with vocabulary, listening comprehension, reading, and speaking. They will be much appreciated in the future also! I hope you all had a great time at the picnic hearing about how important your scholarships are.

Most sincerely, Maureen Cline
ELL Teacher, Echo Lake Elementary



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 8:00 AM, **Friday October 22**

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, **Evelyn Nordeen** evie.nordeen@frontier.com or
425-775-1127

To help with mailing our next Bulletin on Monday, **November 1**

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

Address Changes:

- Pg 10 Allen, Jerry, 505-5th Ave S, Unit 204, Edmonds 98020-3636
- Pg 16 Boyce, Layne, 5646 Salish Rd, Blaine, WA 98230-9353
- Pg 19 Childs, Arthur L, 16506 W Rock Springs Ln, Surprise, AZ
85374-6441
- Pg 20 Coglon, Andrea, 10033 Interlake Ave N, Seattle 98133-9411
- Pg 34 Irby, John, 5436 W Chierreon Way, Marana, AZ 85658-4304
- Pg 38 Knox, Jennifer A, 17426 Bothell Way NE, Apt A307, Bothell
98011-1951
- Pg 39 Kuhn, Joan, PO Box 60154, Seattle, WA 98160-0154
- Pg 47 Morse, Linda, PO Box 2052, Wenatchee, WA 98807-2052
- Pg 57 Rose, Kathryn C, 109 Quincy Loop, Kalispell, MT 59901-9100

Deceased:

- Pg 47 Mosney N Josephine 7/10
- Pg 13 Beaver, Helen W 7/10/10
(Edmonds Dist)
- Pg 26 Fitzgerald, Don 7/20/10
(Edmonds Dist)
- Pg 28 Galante, Kristin K 7/15/10
(Edmonds Dist)
- Pg 29 Greenwald, John P 6/10
(Edmonds Dist)
- Pg 39 Kravik, Anna Mae 4/28/10
(Edmonds Dist)