

SKSR Bulletin



February 2012

A message from President Jim Siscel



We had some great activities in November and December. Please see reports on our November Scholarship Luncheon and December Cookie Fest and Sing-A-Long elsewhere in the Bulletin.

By now you know that the Legislature wasn't very successful in dealing with the

budget during the special session. They are now trying to fix it during a short 60-day session. We must remain vigilant that they do not take any more of our benefits away. If you haven't done so yet, please send your email address to Erma Snook, egsnook@comcast. She will then pass it on to WSSRA, so that WSSRA can update you with the latest legislative information.

We will be having another field trip this year to the UW Seismology Lab on Thursday, February 16. We are limited to the first 30 participants who sign-up. More information about this on Page 3.

For our service project this year we are scheduling an afternoon session at Food Life Line. The Food Life Line repackages excess food from many sources and then distributes it to food banks around Puget Sound. Read more on Page 3.

COMING ATTRACTIONS

Join us for some fun events: A visit to the UW Seismology Lab, Help the Food Life Line, The Scholarship Luncheon, a Mariner's baseball game and our summer picnic.

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

YOU'LL FIND INSIDE

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SKSR Board Meetings

1:00 PM Edmonds SD ESC	February 9
20420 68th Ave W. Lynnwood	March 8
Everyone welcome!	April 12
	May 10
	July 12

What lies behind us
 and what lies before us
 are tiny matters
 compared to what lies
 within us.

Ralph Waldo Emerson.



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MARK YOUR DATEBOOK

- Feb. 13&Mar. 13 Health Walks at Alderwood Mall
- Feb. 16 Seismology Lab Trip to UW
- Feb. 29, Mar. 7, 14, 21, 28 Retirement Seminars
- Mar. 15 Service at Shoreline Food Bank
- Apr. 19 Scholarship Luncheon
- May 5 SKSR at Mariners vs Minnesota Twins
- May 15 Joint Meeting with Sno-Isle
- June 4-6. WSSRA Convention
- July 19. Picnic

Retirement Seminars Schedule

Who: Employees & Spouses: Edmonds, Mukilteo, Northshore and Shoreline School Districts. There is no cost and confirmation to attend is not necessary.

Location: Edmonds District Administration Bldg. 20420 68th Ave W. Lynnwood, WA

Session 1: **Wednesday, February 29, 2012, 6:00-8:00 PM**

Katie Sherwood, Benefits Supervisor, Edmonds SD and Panel of Retirees. Topics: Who, What, When, and Why and What you wish someone had told you.

Session 2: **Wednesday, March 7, 6:00-8:00 PM** State Medical/ Dental Plans and VEBA III

Session 3: **Wednesday, March 14, 5:00-8:30 PM** WA State Retirement System TRS1 TRS3 SERS3 **5:00-6:20 PM**; Deferred Comp **6:30-7:00 PM**; TRS2 PERS1 PERS2 **7:10-8:30 PM**

Session 4: **Wednesday, March 21, 6:00-8:00 PM** Preparing For a Lifetime in Retirement. Richard Fowler-D.A. Davidson & Co and Christy Gatien, Financial Advisor

Session 5: **Wednesday, March 28, Note Early Time, 4:30-5:30 PM** Social Security and Medicare.

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

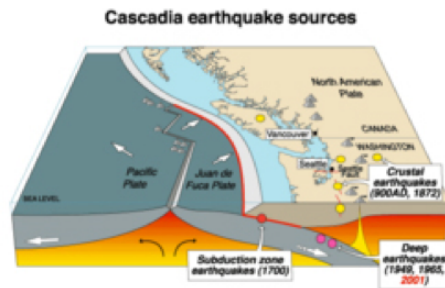
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Pacific Northwest Seismic Network Field Trip

Join us as we visit the Seismology Lab at the University of Washington on Thursday, February 16th. Subjects covered may include a brief overview of the Plate Tectonic Theory and how those processes have formed the western margin of North America including Western Washington; the three source zones where earthquakes occur in the Pacific NW; and how earthquakes are located and measured. No matter what subject is explored we are sure you will find it interesting. The tour is one hour long. We will be in a classroom with seating for the presentation.

We will be taking a bus and van from the Edmonds United Methodist Church, 828 Caspers Street, Edmonds. Park in the west side gravel parking lot. We will leave at 11:45 for our one hour tour beginning at 1 PM.

We are limited to 30 attendees, with sign-up on a first come basis. There will be a \$10 transportation fee to pay for the bus and van. We will offer a sack lunch consisting of ½ QFC Deli Sandwich, turkey or ham, a bag of chips, a cookie, and a bottle of water for an additional \$5.



We will leave at 11:45 for our one hour tour

attendees, with sign-up on a first come basis. transportation fee to pay for the bus and van. lunch consisting of ½ QFC Deli Sandwich,

Please contact Jim Siscel at asjs68@earthlink.net or 425-778-7202 NLT Monday, February 13th to sign up for this field trip.

March Service Project



On Thursday, March 15th from 1:00 pm to 4:00 pm we are planning on volunteering at Food Lifeline. Food Lifeline is a local hunger relief organization, efficiently serving the Western Washington area by using 96% of revenue to directly feed hungry people through their network of nearly 300 neighborhood food banks, hot meal programs and shelters. In 2011, they helped feed more than 745,000 hungry people in local communities.

Excess food items are brought to the distribution warehouse in Shoreline, repackaged, and distributed to the local area. Our job will be to repackage whatever food items they have for the day we participate. Please help with this service project.

To help at this service project you will need to dress warmly and be willing to be standing at the workstation for around 3 hours.

Contact Jim Siscel at 425-778-7202 or asjs68@earthlink.net to volunteer. He will give you driving directions to the location just east of 15th Ave NE and NE 150th St in Shoreline and additional information that you will need to know.

EDITOR'S NOTE:

Due to travel plans the next due date for the April Bulletin will be Monday March 12, 2012

Cookie Fest and Sing-A-Long



Erma Snook

Our Cookie Fest and Sing-A-Long was a great success again this year. Erma Snook arranged the Cookie Table into a beautiful display of favorite holiday cookies that our members shared. Gil Snook took care of setting up and taking down the keyboard. Members sampled and purchased cookies before and after our Sing-A-Long. There were only crumbs left at the end of the day. We raised \$112.85 for our scholarship fund. Bruce Caldwell accompanied our



Bruce Caldwell

joyous Sing-A-Long with 30+ members participating. Half way through Eileen Wascisin, NW-1 Representative to the WSSRA Executive Board, gave us an update on the last WSSRA board meeting. Virg Rayton updated us about the Active Member grants that have been awarded. George Smith, AMBA Representative, told us about the benefits that WSSRA members receive from Association Member Benefits Advisors, many of them are free.



Eileen Wascisin



Virg Rayton



SKSR Members singing-a-long



George Smith

Legislative Report

Adverse weather conditions caused the cancellation of the Jan. 18-19 Legislative Committee meeting and lobbying effort. After canceling the nine appointments made with legislators from the 1st, 21st, and 32nd Districts, I sent emails to each stating the WSSRA priorities and an explanation of the economic benefits of pension payments on the state's economy as explained below.

WSSRA Legislative Priorities

- Stable and guaranteed pension funding.
- WSSRA strongly supports Treasurer McIntire's proposals for adopting state actuarial recommendations for full pension funding.
- The restoration of the Plan 1 Uniform Cost of Living adjustment at the earliest possible date.
- Oppose any reduction to retirees' health benefits or increases to retirees' health insurance premiums.

Economic Benefits of Pension Payments

- Washington state has 110,795 annuitants in the Public Employees and Teachers Retirement systems.

Total monthly annuity payments equal \$228,373,106.

- Every \$1 paid to retirees generates \$1.37 in total economic output. State annuity payments create \$312,734,155 in monthly economic activity.
- Reinstatement of the 3% Plan 1 Uniform Cost of Living Adjustment would increase the state's economic activity by \$82,178,317 monthly.

Do you live out of state?

If you live out of state and are not a registered WA state voter, here are some recommendations about contacting legislators regarding the loss of the Plan 1 COLA.

- 1) Tell your own story; how the elimination impacts your life, especially in light of the other increases in health insurance, taxes, etc;
- 2) Ask for please, no more cuts in pensions;
- 3) Ask when can the COLA be restored?;
- 4) Remind the legislator that pension obligations need to be a number one priority for funding by the legislature.

Write a letter, either hard copy (snail mail) or email to the following:

Rep. Ross Hunter ross.hunter@leg.wa.gov PO Box 40600 Olympia, WA 98504-0600, Chair of the House Ways and Means Committee

Sen. Ed Murray edward.murray@leg.wa.gov PO Box 40443 Olympia 98504-0443, Chair of the Senate Ways and Means Committee

Sen. Derek Kilmer derek.kilmer@leg.wa.gov PO Box 40426 Olympia 98504-0426, Vice-Chair of the Senate Ways and Means Committee
And a letter to each of the gubernatorial candidates:

Attorney General Rob McKenna rob@robmckenna.org PO Box 52866 Bellevue, WA 98015

Congressman Jay Inslee info@jayinslee.com PO Box 21067 Seattle, WA 98111

It may be time to get acquainted...again

by Jack Rogers

The state of Washington has been undergoing major revisions in redistricting lately. Legislative and congressional districts have changed sizes and boundaries. I woke up one morning recently to find that I'm no longer in the 32nd legislative district; that I'm now in the 46th legislative and I have been moved into a new congressional district as well. This means that now my life and livelihood will be in the hands of a new set of strangers. I now need to make the acquaintance of a whole new set of legislators and a different congressman. I plan to do this very soon

It is important that all of us have a rapport with our elected representatives, and they need to know us as well. We need to be able to voice our concerns about retirement issues and other proposals that affect us. It is a lot easier to do this if we at least know their names and have communicated with them on occasion.

If you find yourself in this new strange boat like me, then we should all make it a point to get to know these different people and allow them the chance to get to know us. It is important that this be done soon. Remember "no one's life or property is safe when legislative bodies are in session." Don't we at least want our lawmakers to know who we are and that we vote?

Health Services

by **Gordon Bowers**

New Drug Improves Alzheimer's Patients:

We don't hear much about it, but apathy is the most common symptom of Alzheimer's (AD). It's a problem for the caregiver, patients with a high level of apathy who don't seem to care about anything. Seventy percent of those with AD are in this category of debilitation that may be caused by other diseases. Deep brain areas of the frontal lobes that conduct initiative and planning may be affected.

At the Alzheimer's Conference in July 2011, a new drug therapy was cited as significant in apathy for AD patients. After a 12 week trial, given 10 mg. twice daily of the drug Methylphenidate was found both safe and effective. A placebo was given to a study group with high levels of apathy. Those on the drug showed significant improvement, but worsened when the drug was discontinued. Ask your Doctor!¹

How Does Your Temperament Affect Your Mind and Body: Researchers have studied the Type A personality described by impatience, aggressiveness and hostility, Type B as laid back, approachable, etc. A new type, characterized by worry, social inhibitions, ...a "go it alone", no help. This C Type has been classified in a risk class for cardiac disease.

Studies have shown that an upbeat, optimistic personality have fewer strokes, take better care of their health. Researchers reported results of a study published in the July 21, 2011 issue of the *Journal Stroke*; 6044 optimistic men and women over the age of 50 were studied for a two year period, 88 suffered a stroke, a nine percent lower rate than the non optimistic control group. the director of the Cardiac Psychiatry Research at Massachusetts Hospital, Dr. Jeff Huffman, MD says, "We've known for years there is an association between people's dispositions and

cardiac outcomes". This suggests that people with optimism have reduced risk of stroke, heart disease and cardiac problems and enjoy overall superior health outcomes. This research demonstrates the flip side of the effects of temperament on health. Personality traits can be changed: try to tone down, use your personality traits to provide motivation, and seek help.²

We All Need Balance In Our Lives: Balance is a very complex system that involves various sensory and motor systems including vision, the inner ear, good body strength to stay upright, along with good reaction time to avoid a fall.

If any part of this complex system fails, even just walking or standing up. you may become a statistic along with one out of three people over 65, who have lost balance.

Older people often have loss of strength, joint flexibility, low vision, slow reaction time and inner ear malfunction. All of these can throw you off balance, even the wrong eye glasses. There are various ways to improve balance, but experts give some home therapy with a stand by helping hand. Test your balance by trying to see how long you can stand on one foot with your eyes closed. Most people over forty can't go past 15 seconds. Try to improve if you can. Without holding on to anything, rise up on your toes 10 times. Repeat with eyes shut. Stand on one leg, bending the other slightly for 10 to 15 seconds, switch legs, repeat 10 times, then with eyes closed. Walk a straight line, placing the heel of one foot directly in front of the toes of the other foot. Repeat as needed.³

How To Use Food Leftovers: Things you should know, along with me: The Mayo Clinic staff has given some nut shell info-guides for when to toss food out after meals. Refrigerate or freeze immediately, can't leave at room temperature more than two hours, to avoid the "danger zone" of 40^o to 140^o F where bacteria multiply.

The Department of Agriculture says even frozen food should be eaten within four days. Bacteria can't be smelled or tasted. Reheating calls for a temperature of 165^o F.⁴

continued on p. 7

continued from p. 6

Two FDA Approved Heart Devices That Save Lives: One is called “Edward’s Life Sciences Sapiens Heart Valve” used to replace the aortic valve. This procedure threads the small valve through a leg artery much like an angioplasty to replace a worn out valve. Open heart surgery is not required. The second heart saver is called “Heartmate Two”, is about the size of a flashlight battery. It is implanted in the abdomen. The little battery pump takes over giving blood boost power to a failing left ventricle.⁴

PS: Please read the WSSRTA Journal, January 2012 p. 14: A doctor is using unusual doses of vitamin C - from 2000mg to 100,000mg per day; claims some cures within days. Ask your doctor!

School Humor: a fourth grader came to the office, said she had missed her bus. The secretary said she would call her mother to come and get her. The student said, “No you can’t, she’s driving the bus”.⁵

¹Fava, Maurizio, MD *Mind, Mood, Memory* December 2011 p. 8

²Huffman, Jeff, MD *Mind, Mood, Memory* December 2011 p. 1 & 6.

³Univ. of Cal. Berkley *Wellness Letter* “Balance Matters” December 2011 p. 6

⁴Jaret, Peter AP AARP Magazine December 2011 p, 10-14

⁵Gordon’s File

Seattle Mariners & Sno-King School Retirees

Come with the Sno-King School Retirees families and friends to the Seattle Mariners game on Friday, May 5th at 7:05 pm when the Mariners play the Minnesota Twins. We have reserved **View Reserved Seats** on the first base line close to home plate. These seats are above the 300 level concourse starting at Row 15 which will involve climbing 14-24 steps. Invite your children and their families and your neighbors to join you at the game. Send in one form and money for all, and we will seat you all together.

Normal View Reserved tickets are \$21. Our ticket price is Only \$12 per person. Please fill out the form below and send it with your check, payable to Sno-King School Retirees to: James Siscel, 19322 73rd Place West, Lynnwood, WA 98036. Questions: Jim—425-778-7202 or asjs68@earthlink.net. The deadline for your form and check to be received is Friday, April 13.

Yes, our family and friends want to cheer on the Mariners!!

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Please reserve _____ seats for our family and friends at \$12 per seat.
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 City _____ Zip _____

NOVEMBER SCHOLARSHIP LUNCHEON

Superintendents' Updates

The superintendents from Edmonds and Shoreline School Districts gave an update on the current state of their districts. Sue Walker, Shoreline Superintendent, talked about changes in demographics within the district. In the 1970's the district had approximately 14,000 students and currently has about 9,000 students. The district is very ethnically diverse, with nearly 45% minority or persons of color. There are over 70 different languages spoken by students in the schools. The districts' graduation rate is between 92 and 96%. She said that six years ago the district was in serious financial difficulties, but now the district is on a sound footing and in much better financial status than many districts given the current economic status and continuing state cuts to K-12 education. Walker anticipates that state funding will continue to decrease and that unfunded mandates will continue to increase. She noted the recent 62% passage of their levy.



Sue Walker

Nick Brossoit, Edmonds Superintendent, focused on district SAT score improvements and the February 14, 2012 Replacement Technology/Capital Levy. The upcoming Levies will help fund technology education in the district. He stressed that these Levy's, if passed, would actually cost the district taxpayers slightly less than they are currently being assessed. Brossoit stated that

the bottom line for supporting public schools in this state is a need for the public to make up the difference in funding with current state cutbacks if we expect to provide the high standard of education that we have in the past. He reported that Edmonds School District has a current graduation rate of 96%. Responding to a question about why this state is not producing more college graduates in the technology fields Brossoit said incentives to change curriculum at the college level are few as long as applicants exceed available positions.

Civil War Re-enactor

Our guest speaker was Tom Peloquin, a retired Air Force Lt.Col and a recent retiree from City Management with the City of Seattle. Peloquin appeared in the uniform of a Captain of the Artillery Corps of the Union Army. Attending a Civil War Reenactment with his family back in 1996 sparked his family's interest and they became involved in that activity. The re-enactors make many public school visits, talk to groups such as ours and have three to four field re-enactments each year.



Tom Peloquin

Peloquin told some of the reasons men enlisted in the Union Army after the outbreak of hostilities with the south. He talked about his uniform. His frock coat and trousers were all spun wool. Most campaigning was done in the spring through fall when the roads were able to bear the movement of troops, horses, wagons and artillery. "Imagine," he said, "What it must have been like for those troops to be fighting in the south during the summer when the temperature was near or over 100 degrees and the humidity at 90%, in heavy wool clothing which the troops were required to wear." He talked about the 620,000 to 630,000 casualties on both sides during the conflict. Deaths from disease and sickness were almost double the battle casualties. Peloquin discussed how the soldiers lived, what they ate and what they did for recreation. It was a very interesting presentation and well received by all who attended.



Nick Brossoit

Northwest Region 1 Meeting

January 9, 2012 - Mount Vernon, WA

The four units, Skagit-San Juan Island, Whatcom, Sno Isle and Sno-King, met in Mount Vernon for the second of their three annual, regional meetings.

There was a call from President, Marianne Harvey, for people interested in serving on State Committees to sign a "Willingness To Serve Form", before March 3. It requires a Unit President's signature, and **Jim Sisco** has the forms if you are interested.

The guest speaker was WSSRA President, Ken Rifenberry. He reported on new personnel at the Lacey WSSRA office. He praised our new Legislative Liaison, Peter Diedrick. He will be keeping us posted about legislative issues, will communicate to us via our email addresses and a written document of sorts similar to the Legislative Insight of the past. Ken also urged us to keep abreast of issues in order to better contact and inform our legislators of our issues, especially about our "Earned Benefits" pensions! Ken sent kudos to **Rita Requa** for her great concise list of topics with which to engage our legislators and kudos to **Jo Caldwell** for her great Journal production!

There was a discussion about how WSSRA would use the e-mail addresses we've provided them for legislative issues and whether it would supplant the Telephone Trees our Units have used in the past. It was also noted that those addresses given directly to the state office will be added to the WSSRA e-mail list, but each unit will not be apprised of those additions. Messages delivered via the WSSRA e-mail list will be of an urgent nature and used sparingly.

The meeting was temporarily adjourned to hear a report from Joan Penewell, WSSR-PAC Treasurer. The year for the PAC is from Jan 1st to Dec 31st. In the past year we netted \$9454.90 in contributions which will be used not necessarily to support legislators who support us, but ones who might and who may have influence with others. We will give out fewer, but larger donations to legislators this year, trying to be more strategic in our donations.

Next year, as per rotation, our Unit 23 will be chairing the NW-1 Regional meetings. We are

looking for a volunteer to plan three meetings and chair them for the 2012-2013 year.

The next meeting will be on March 5th in Mount Vernon.

Address Changes:

Austefeld, Carol, 8508 184th St. SW. Edmonds, WA 98026

Baldwin, Jerry, 8741 NE. 140th St. Kirkland, WA 98034

Chandler, Pat, 23507 Lakeview Dr. Apt B201, Mountlake Terrace, WA 98043

Cochran, Fred, 6520 196th St. SW. Apt. 182, Lynnwood, WA 98036

Costan, Renee, 17005 37th Ave. W. Lynnwood, WA 98037

Dawson, Grace, 383 Little Valley Rd. Roseburg, OR 97471

Donahue, Paula, 5005 NE. 187th St. Lk. Forest Pk. WA 98155

Haley, Vera, 17419 Gravenstein Rd. Bothell, WA 98012

Hoff, Kathy, 3068 Majestic View Walk, Lexington, KY 40511

Jewell, Donnie and Roger, 33567 Cliff Rd. Mount Vernon, WA 98274

Larson, Janet, 10620 SE. Olympiad Dr. Port Orchard, WA 98366

Ottosen, Janet and James, 858 Briarwood Drive, East Wenatchee, WA 98802

Rein, Patricia, 3906 West Crandall Lane, Spokane, WA 99208

Puckett, Elizabeth, 902 N. Western Ave. Apt 3, Wenatchee, WA 98801

Skowbo, Joan, P O Box 665, Woodinville, WA 98072

In Memoriam

Jones, Lucille--11/11

Molloy, Susan --11/11

Croft, Christine --1/12

Definitions

ADULT:
A person who has stopped growing at both ends and is now growing in the middle.

BEAUTY PARLOR:
A place where women curl up and dye.

CANNIBAL:
Someone who is fed up with people.

CHICKENS:
The only animals you eat before they are born and after they are dead.

EGOTIST:
Someone who is usually me-deep in conversation.

HANDKERCHIEF:
Cold Storage.

INFLATION:
Cutting money in half without damaging the paper.

RAISIN:
Grape with sunburn.

SECRET:
Something you tell to one person at a time.

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@frontier.com Note that the class is a "two-consecutive-days class," which can be selected during the month of your choice.

2012 Dates
 Feb. Wed/Thurs 15-16
 Mar. Wed/Thurs 21-22
 Apr. Mon/Tues 16-17

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Welcome New Members:

- Pg 10 Allred, Donna, 17815 Interlake Ave N. Shoreline, WA 98133-5050
Pg 14 Berglin, Sharon, 11721 Woods Creek Rd. Monroe, WA 98272-8631
Pg 16 Bradley, Connie, 8508 Main St. Unit B105, Edmonds, WA
98026-6968
Pg 16 Bray, Roger, 16505 67th W. Lynnwood, WA 98037-2714
Pg 19 Carroll, Michelle, 9081 6th Ave. S. Edmonds, WA 98020-4010
Pg 22 Cooley, Arlene, 5712 178th Pl. SW. Lynnwood, WA 98037-3519
Pg 22 Crawford, Ronald, 15716A Country Club Dr. Mill Creek, WA
98012-1203
Pg 24 Devier, Joyce, 19410 66th Pl. NE. Kenmore, WA 98028-3432
Pg 24 Devier, Raymond, 19410 66th Pl. NE. Kenmore, WA 98028-3432
Pg 29 Frazier, Margaret, 7807 218th St. SW. #28 Edmonds, WA 98026 7959
Pg 30 Gates, Robert, 24316 9th Ave. W. Bothell, WA 98021-8540
Pg 30 Gilbert, Everett, 12527 55th Dr. SW. Snohomish, WA 98296-8929
Pg 32 Gurr, Richard, 18330 47th Pl. NE, Lake Forest Park, WA 98155-4308
Pg 35 Herman, Clarence, 23825 15th Ave. SE. #24 Bothell, WA 98021-8861
Pg 36 Hofmeister, Chris, 1827 N. 166th St. Shoreline, WA 98133-5556
Pg 37 Hoggins, Donna, 510 4th Ave. S. Edmonds, WA 98020-4110
Pg 41 Kelly, Stephen C. 11812 Wilmington Way, Mukilteo, WA 98275-6015
Pg 48 Magill, Mary, 11708 Clearview Dr. Edmonds, WA 98026-3137
Pg 51 Mikolasy, Karen, 23528 3rd Ave. SE. Bothell, WA 98021-8708
Pg 51 Miller, Geneva, 19621 66th Ave. NE. Kenmore, WA 98028-8657
Pg 52 Molloy, Susan M. 5618 198th St. SW. #102 Lynnwood, WA
98036-6140
Pg 53 Nehru, Padmini, 6703 204th Drive NE. Redmond, WA 98053-7826
Pg 55 O'Brien, Jane, 733N 150th St. Shoreline, WA 98133-6104
Pg 59 Ploudre, Laura, 6717 25th Ave. NW. Seattle, WA 98117-5825
Pg 63 Roggenkamp, Betty, 10433 NE. 193rd St. Bothell, WA 98011-3037
Pg 64 Ryan, Barbara, 505 N. 188th St. Shoreline, WA 98133-3814
Pg 67 Shepard, Joyce, 23317 Cedar Way L-105, Mountlake Terrace, WA
98043-4347
Pg 68 Silver, Francine, 2201 192nd St. SE. Apt W202, Bothell, WA
98012-7973
Pg 69 Stalder, Eliane K. 8611 191st Pl. SW. Edmonds, WA 9026-5940
Pg 70 Betty Stephenson, 7002 177th St. SW. Edmonds, WA 98026-5622
Pg 75 Wahl, Louise, 21703 56th Ave. W. Mountlake Terrace, WA
98043-3106
Pg 77 Barbara Whitson, 3116 S. Dose Terrace, Seattle, WA 98144-4930
Pg 77 Williams, Lael, 17116 105 Ave. NE. Bothell, WA 98011-3747
Pg 77 Willoughby, Pamela K. 19601 12th Ave. W. Lynnwood, WA
98036-7157 - correction
Pg 78 Wiltz, Marilyn, 1026 180th St. SW. Lynnwood, WA 98037-8214
Pg 78 Witzel, Paul, 2022 NW. 196th Pl. Shoreline, WA 98177-2331



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ADDRESS SERVICE REQUESTED

HELP US WITH INFORMATION TO PUT IN THE BULLETIN

The deadline for the next newsletter is 8:00 AM, **Monday March 12**

Send news and other materials to

Dave Johnson 814 6th Ave. So. Edmonds, WA 98020, damajo3@comcast.net, or 425-776-7298.
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If you know of illness, please call Sunshine Chair, **Evelyn Nordeen** evie.nordeen@frontier.com or
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To help with mailing our next Bulletin on **Monday, March 26** call
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THANK YOU TO OUR MANY DONORS TO THE SCHOLARSHIP FUND:

Donations have been received from: F. Jay Lapp, Neil & Marian Fuller, Chuck & Pauline LeWarne, Phyllis Fiege, Tom & Roberta Hawkins, Cathy Miler, Roberta McKee, Margaret Dezell, Andrea Boushey, Marian Fyall, and Marilyn Irwin.

Memorials in memory of **Estelle Rayton**: from Gil & Erma Snook and Peggy Hohnhaus: in memory of **Cheryl Bickford**: from Gil & Erma Snook and Millie Carlson and from SKSR in memory of **Lucille Jones, Susan Molloy, and Christine Croft.**

Thanks, also, to all of you who purchased Entertainment Books. We had another successful sales campaign, realizing \$978 for the fund. Thank you all so much!