

# SKSR Bulletin



November 2012

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

## A message from President Jim Siscel



By the time you receive this *Bulletin* in the mail the 2012 Election will be over. Now is the time to contact your representatives and senator at the state level to express your concerns about your retirement. See the *WSSRA Journal*, which you just received—Pages 2-4 and the information given by our

Legislative representative on Page 8 in this *Bulletin* for ideas to present to them.

Thank you to Membership Directory Committee, which has been working hard to get current information for our *Directory* to be published early next year. This calling will help decrease our costs for the *Directory* and our *Bulletin*. Thank you to all of our members who have responded to the telephone calls and postcards.

Our unit continues to be the 2nd largest in the state with 1248 members. We need a Membership Coordinator and continue to hope someone will volunteer. The Board will assist this person in getting them on board.

You are receiving short notice about our November Scholarship Luncheon on Thursday, November 15th. Please see the information on Page 2 & 3 and RSVP to Donna Murrish.

Bruce Caldwell will be accompanying us again this year at our annual Cookie Fest and Sing-A-Long on Thursday, December 6<sup>th</sup>. Bake some cookies to share or just come and purchase some, with the money going to our Scholarship Fund. See Page 3 for more information.

We will be volunteering again on Thursday, January 17 at the Food Lifeline in Shoreline. See Page 4 for more information.

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**MARK YOUR DATEBOOK**

November 15 Scholarship Luncheon  
 December 6 Cookie Fest & Holiday Music  
 January 17 Food Lifeline Project  
 February 21 General Meeting  
 March 21 Field Trip  
 April 18 Scholarship luncheon  
 May 16 Sno-Isle Joint luncheon  
 July 18 Picnic

**SKSR Board Meetings**

1:00 PM Edmonds SD  
 ESC 20420 68th Ave  
 W. Lynnwood  
 Everyone welcome!

- November 8
- January 10
- February 14
- March 14
- April 11
- May 9
- July 11

**NOVEMBER POTLUCK and SCHOLARSHIP LUNCHEON**

Every year in November and April, SKSR has a potluck luncheon to raise money for the four \$1,200 scholarships given to graduating seniors from Edmonds, Northshore and Shoreline school districts.

This event will be Thursday, November 15th and we plan to have a raffle along with a wonderful potluck. The cost for the luncheon is \$5.00 for those that bring food for the lunch, \$7.00 for those that don't.

Bryan Ayers, SKSR member along with the other three members of the Far Shore Four, will entertain us with some harmonious singing.

Please RSVP by Monday, November 12th to Donna Murrish, 206-363-5753, [donnamurrish@comcast.net](mailto:donnamurrish@comcast.net) to confirm that you are coming. RSVPs are encouraged and appreciated for planning purposes. However, we welcome last minute attendees. If transportation is an issue, please let Donna know.

We hope to see you there! See map on Page 3 for directions to Edmonds Unitarian Church 8109 224th SW, Lynnwood, WA.

If you are unable to attend the luncheon but would like to support the scholarship fund, you can make a donation to the Sno-King School Retirees Scholarship Fund and mail it to P.O. Box 33962, Seattle, WA 98133-0962. There is a donation form on Page 3 which can be delivered to the meeting or mailed to SKSR.



**service is my specialty**  
**Marilyn Irwin, Realtor**  
**206-300-4438**  
 Windermere Real Estate/GH LLC

*Acceptance of this paid advertisement does not imply SKSR endorsement.*

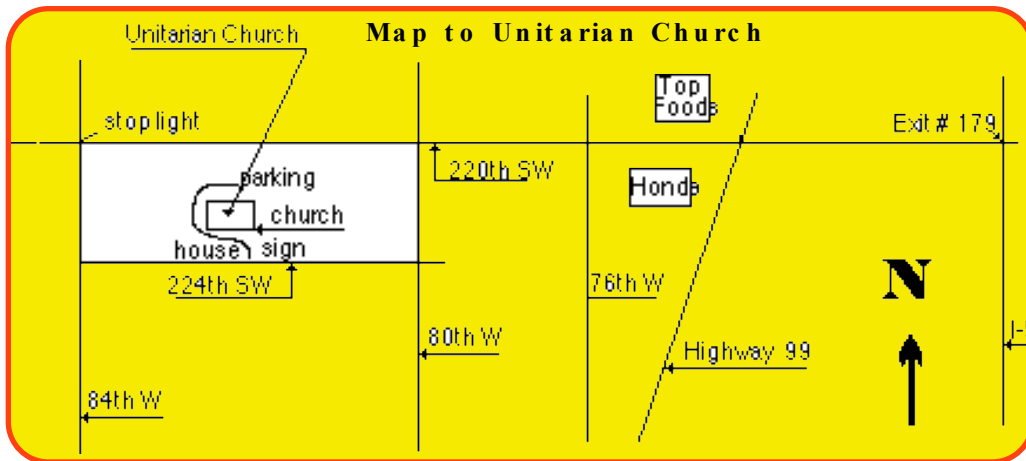


**HOLIDAY COOKIE FEST**  
and  
**SING-A-ALONG**

All Sno-King School Retirees and friends come sing along to Holiday music, accompanied by Bruce Caldwell on the keyboard, or just come to enjoy the melodious sounds and festive atmosphere with friends. The date is Thursday December 6<sup>th</sup> and the location is the Edmonds ESC Board Room, 20420 68<sup>th</sup> Avenue West, Lynnwood.

Bring three dozen of your favorite holiday cookies. Put them in six bags with 6 cookies in each bag. One bag will be used for tasting along with coffee or tea. The other five bags will sell for fifty cents each with the proceeds going to our scholarship fund.

Hope to see you all at this fun event before the often too busy holiday season arrives.



**SNO-KING SCHOOL RETIREES' SCHOLARSHIP FUND**

The purpose of the SKSR Scholarship Fund is to assist carefully selected graduating seniors majoring in education from Edmonds, Northshore and Shoreline School Districts in reaching their goals. Contributions are tax deductible.

Enclosed is a contribution of \$ \_\_\_\_\_ As a special gift \_\_\_\_\_ Or in memory of \_\_\_\_\_  
Or in honor of \_\_\_\_\_

on the occasion of \_\_\_\_\_ Please send acknowledgment to  
Name \_\_\_\_\_

Address \_\_\_\_\_

Donor's Name \_\_\_\_\_

Address \_\_\_\_\_

Make check payable to Sno-King School Retirees' Scholarship Fund. Mail to:  
Sno-King School Retirees, PO Box 33962, Seattle WA 98133-0962.

**FINANCE COMMITTEE REPORT**

by Cheryl Bauer

On July 3, 2012, the Finance Committee met for their annual review of the Winnie Smith Memorial Scholarship Fund. The purpose of this meeting was to review how the money has been used and how it is invested. The original amount in the account was approximately \$155,000. As of the June meeting, the account had a value of \$158,646. To date, there has been \$24,000 given in scholarships. Our first recipients from three years ago are now graduated and hopefully have entered the field of education. How exciting to know that this legacy from Winnie continues to live on.

Just a review of how the scholarship money is distributed. After receiving the original \$1200 scholarship from Sno-King School Retirees (money earned from memorials, luncheons, raffles, etc.), the money from the Winnie Smith Fund then provides continued scholarships for the 2<sup>nd</sup>, 3<sup>rd</sup> and 4<sup>th</sup> years. Students must continue to be enrolled in the field of education and meet certain criteria.

Members of the committee include: Don Denton, Donna Murrish, Ellie Bonanno, Cheryl Bauer, Erma Snook, Dave Johnson, and Rachel Lake. Past members are Bob Nordeen and Dick Stucky.



**January Service Project**

On Thursday, January 17th 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.

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](mailto:asjs68@earthlink.net) to volunteer by Friday, January 11th. He will give you driving directions to the location in Shoreline and additional information that you will need to know.

**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.*

**Welcome New Members:**

Bader, Pamela N, 14122 62nd Pl W, Edmonds, WA 98026

MacKinen, Stacy B, 22405 5th Pl W, Bothell, WA 98021

Martin, Jennifer, 17919 Pl W, Edmonds, WA 98026

Osborne, Arlys, 600 Lee Street, Seattle, WA 98109

Quinn, Kerry L, P O Box 77662, Seattle, WA 98177

Whitney, Gretchen G, 20909 Hillcrest Pl, Edmonds, WA 98026

## Healthy News

Dr. Gary Reul, Ed.D.

### Gout

Once called a “gift to those who live in excess” (mainly the rich) is now a common ailment to the masses. Gout is a form of arthritis that occurs when a substance called uric acid builds up in the blood faster than the kidneys can eliminate it. Eventually, the excess forms crystals that settle in the joints, which activate the immune system and leads to the release of substances that cause heat, swelling, redness – and most of all, pain.

If left untreated, gout may progress through three stages. The first is known as the **acute gout** –the sudden attack that causes joint pain and inflammation. The worst symptoms usually last for three to five days and go away within two weeks. If these attacks keep occurring, it’s important to prevent joint damage by getting treatment to lower the uric acid level. If you don’t, it could progress to the second stage, **intercritical gout**. At this point, the symptoms can last for weeks to months, although the pain and swelling may not be as severe. However, the chronic inflammation can lead to joint damage.

The final and most difficult to treat stage of gout arthritis is known as **refractory chronic gout (RCG)** – defined as having severe and continuous symptoms, as well as high uric acid levels, that don’t respond to the usual treatments for gout. At this stage, the joints are often damaged due to many years of uncontrolled inflammation.

The good news? All stages of gout, including RCG, can be effectively treated with medication and lifestyle changes. Your top priority is to work with your physician to find the treatment that can ease the pain of a sudden attack and prevent future flare-ups. Source: *HealthMonitor*, Vol. 10. No 2, April/May 2012

### Those Tough Little Devils Are Everywhere

Bacteria can make you sick and can keep you healthy. Without bacteria we would not be able to digest our food.

- Bacteria have no sense of birth control – in five

hours one form of bacteria can multiply from one bacteria to 32,768. I wonder who did the counting?

- There are at least 20 million live bacteria in one teaspoon of yogurt.
- In one and one-half gallons of seawater you will find as many bacteria as there are people in the world (7 billion).
- One ounce of the bacteria that causes botulism could kill 30 million people.
- About 3 pounds of bacteria, representing 400 species of bacteria live in our intestines.
- 600 species live in the mouth. Makes you want to kiss someone... doesn’t it?
- Only 5 species of bacteria live in the eye, which has the lowest bacterial densities in the body. Let me kiss your eye again.
- Bacteria can live in high temperatures (225°) to a low of 16° two miles below Greenland’s ice cap.
- You won’t get sick from salmonella with ingesting one bacteria – it takes 100,000 to 100 million.
- Some bacteria feed on oil and others thrive in areas of high radiation.
- Be kind to your bacteria and they will be kind to you. Source: *Science Illustrated*, Sept. Oct. 2010

### CT Scan

What equals 1,400 dental X-rays – or – 240 five-hour airplane flights – or – 70,000 back-scatter airport scans – or – 19 years of smoking a pack of cigarettes per day – it is one CT scan (computed tomography).

Experts are divided over how to interpret these findings for worried patients. The Radiological Society of North America maintains that the absolute risk of developing cancer from the scans is small and that the benefits of diagnosing potential health problems generally justify that risk.

However, the risks associated with radiation exposure should give more physicians pause and push them to re-evaluate when the tests are truly justified.

You as a patient have some say in this diagnostic process. Speak with your physician to determine the need of a CT scan and ask what is the alternative.

Source: *Time*, June 25, 2012, p. 22

*continued on page 6*



*continued from page 5*

**Medicines**

Do you take a number of pills per day... so many that you can't even remember what you are taking? If you are a pill popper, you should carry a listing of your medications in your wallet or purse. Keep the list up-to-date at all times and take it with you to all physician appointments.

**Today's Housekeeping Tip**

Always keep several get-well cards on the mantel. That way, if unexpected guests arrive, they'll think you've been sick and unable to clean. Source: Internet

**Adults Need Immunizations, Too**

Immunizations are NOT just for kids! No matter what age, we all need immunizations to keep us healthy. Speak to your physician about your immunization needs. Did you get your flu shot yet?



*John Hartquist as George Brackett*

**APPLICATIONS BEING ACCEPTED FOR SKSR ACTIVE MEMBER 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 used these funds in the past for a myriad of activities such as field trips, art materials, books, computer programs, PE equipment, educational games, visiting experts, etc. In addition to this notice, a flyer is being emailed to active members which will also give details of the application procedure.

**Applications are due by Thursday, November 8th. The process is simple!**

Just submit the following:

1. A sentence or two explaining how grant money will be used.
2. How much money is being requested?
3. Give applicant's name, school address, and phone number.
4. Give applicant's district, school, principal's or supervisor's name and the school phone number.

Grant recipients will be notified by Thanksgiving. Applications should be emailed to Virg Rayton, [virg@raytonfamily.com](mailto:virg@raytonfamily.com), Phone 425-774-9413. An alternate email contact is Rita Requa, [rrequa@comcast.net](mailto:rrequa@comcast.net).

**October Social Meeting**

We had an excellent meal at LeBistro Café on Thursday, October 18<sup>th</sup> for our October social meeting. Thirty-one attendees enjoyed sharing summer experiences and activities with each other.

We received a visit from George Brackett, the founder of Edmonds. Mr. Brackett, portrayed by John Hartquist—a local actor, presented us with some real interesting facts about our area.

### ENTERTAINMENT BOOK UPDATE

Our annual Entertainment Book fund-raising project is going very well. The 14 boxes of books that were lining my hallway have dwindled to 4 so if you haven't yet picked up your new book, you have until the first part of December to do so.

Remember, your 2012 book expires November 1, but never fear - Entertainment 2013 is waiting for you!

Please contact [donnamurrish@comcast.net](mailto:donnamurrish@comcast.net) or 206-363-5753. Books are \$30 and proceeds benefit the Sno-King Scholarship Fund and teacher grants.

### THANK YOU FOR YOUR MEMORIALS

Phil & Georgia Elvrum in memory of Ron Robinson  
 Bob & Elinore Bisnett in memory of Margaret Newell  
 Evie & Bob Nordeen in memory Marion Fyall  
 SKSR in memory of Kenneth Blain, Marion Fyall,  
 Robert Walker

### Volunteer Opportunity

by Rita Requa

The "Homework Factory" needs tutor volunteers for Tuesday and/or Thursday afternoon(s) from 3:15 to 5:00 pm at Meridian Park Elementary School in Shoreline. The program is for students who have been recommended by their teacher who provides homework for them. The schedule is well thought out. There are snacks for the kids, a physical activity directed by the co-ordinator, Nancy, and then a 40 min. homework time, followed by a variety of activities; computers, games, reading. Children are picked up at 5:00 pm and the volunteers leave. The tutor is not responsible for planning, the snack, activities or games, just assisting those students (Gr. 2-6) who need help. The day I went the kids were enthusiastic, polite and fun. For more information about this fulfilling opportunity, contact [nancy@vineyard-cc.org](mailto:nancy@vineyard-cc.org) or call Nancy 425-442-1474.

### FALL 2012 NW 1 COORDINATING COUNCIL MEETING

Seven SKSR members, Rita Requa, Betty Odle, Barbara Berg, Erma Snook, Donna Murrish, Virg Rayton and Roberta Hawkins, attended the NW 1 Coordinating Council meeting on Oct. 1 in Mt. Vernon. Our own members Erma Snook (president) and Donna Murrish (secretary) presided.

After the usual "Welcome" and opening business, Erma Snook distributed the current NW 1 2012-13 handbook containing pertinent information about regional members as well as state information for the year. This was followed by unit reports reflecting both recent events and their various projects and plans for the coming year. Rita Requa made special note of our unit activities regarding our directory and the calling of members prior to its publication.

Our guest speaker, Peter Diedrick, WSSRA Legislative Coordinator, first reviewed his background in the political field and then presented information on the general expectations for the coming election. As he did so he distributed several materials giving specific data about the current make-up of the Washington State House of Representatives, as well as maps of the coordinating council regions regarding legislative redistricting, legislative priorities and a WSSRA 2013 Legislative threat matrix showing issues and the likelihood of passage/action being taken for each issue. He urged us all to take action to contact your representatives. He also noted that the "most important and effective method" of contacting legislators is a personal handwritten letter.

State committee reports were then given. The Legislative committee recommended contacting School Board members as they are being sent lots of info about "charter schools." These reports were followed by new business including feedback on the June WSSRA convention. Under "New Business" Dick Anderson, current WSSRA president thanked members for the feedback and gave an update on the latest information for the 2013 convention plans. The next NW 1 meetings will be January 7, 2013 and March 4, 2013.

### IN MEMORIAM

Blain, Kenneth, Edmonds School District, 9/25/2012  
 Fyall, Marion, Edmonds School District, 10/6/2012  
 Walker, Robert, September, 2012

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

**Milan Beard, Nicole Richards and Margaret Shipe** are in their final year and have received \$4800 in scholarship funds toward college expenses.

**Milan** from Edmonds-Woodway HS and currently at the University of Washington has been on the Dean's List for the last eight quarters. He has volunteered and participated in fund raising for the Capitol Hill Boys and Girls Club through his fraternity. He plans to complete a fifth year to obtain a teaching degree and certificate after obtaining his bachelors degree this spring.

**Nicole** from Shorecrest HS and now at Western Washington University is a student in Woodring College of Education, majoring in Literacy, Language and Cultural Studies. She has studied in Mexico to help her identify with students who are language learners. Nicole has also been focusing on completing the required courses for the endorsement to be a reading specialist. She finishes by saying, "I am deeply grateful for the support you have given me to pursue my dream".

**Margaret** from Inglemoor HS and attending Whitworth College is very thankful for the support we have given over her past three years. She is student teaching this fall and is still planning on pursuing a Master's Degree in Elementary Education. At this time, she is on track to graduate with a double minor in Math and Reading Instruction to go with her Bachelor's Degree in Elementary Education.

**Natalie Andrews and Nicole Swenson** have received \$3600 in scholarship monies from SKSR.

**Natalie** from Woodinville HS is attending Westmont College in California. She starts by stating, "Thank you so much for your continual support towards my education". She plans on graduating as an oboe performance major with a music education credential. Natalie says that originally she planned to be a liberal studies major with an emphasis on elementary education but she came to realize that her passion is teaching children music.

**Nicole** from Shorecrest HS and currently at Western Washington University was accepted into the Woodring College of Education last year. She has declared her major as LLC (language, literacy and cultures) and is also working on a minor in Spanish as well as looking into an endorsement in Math. She says "Learning about the different aspects of teaching in different classroom settings is fascinating". She concludes by thanking us for all our support.

**That Election Time Again, Legislative  
Priorities and Other Facts**

by Rita Requa

How could anyone forget to vote in the Nov. 6 election? We've been bombarded with TV ads and political mailings. Absentee ballots went out on Oct. 18. Remember to send your ballot back before the Nov. 6 postmark deadline.

It is important to contact your legislator(s) after the election. Congratulate them on their win and be sure to voice your opinion regarding these issues: (1) Stable and guaranteed pension funding (2) Restoration of Plan I Uniform COLA at earliest possible date (3) Restore Medicare Eligible Healthcare Subsidy to the full \$182 a month (now \$150) (4) Maintain the PERS/TRS 2 defined benefit retirement plan and restoration of early retirement benefits for Plans 2 & 3. If you need more info consult the latest *WSSRA Journal*.

Did you know that there are 110,795 annuitants in the Public Employees and Teachers Retirement Systems? The total monthly annuity payments equal \$228,273,106. Every \$1 paid to retirees generate \$1.37 to total economic output. State annuity payments create \$312,734,155 in monthly economic activity. Reinstatement of the Plan I COLA would increase the state's economic activity by \$82,178,318 annually. It makes economic sense to properly fund our pensions



# AARP's Driver Safety 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](mailto:bobpatjones@frontier.com) Note that the class is a "two-consecutive-days class," which can be selected during the month of your choice.

**2012-2013 Dates**  
Nov. 15 & 16 Thur. Fri.  
Dec. 19 & 20 Wed. Thur.  
Jan. 7 & 8 Mon. Tue.  
Feb. 12 & 13 Tue. Wed.  
Mar. 20 & 21 Wed. Thur.  
Apr. 22 & 23 Mon. Tue.



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Bothell, Washington 98011



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425-745-8526 [kjsharpe@yahoo.com](mailto:kjsharpe@yahoo.com)

*Acceptance of this paid advertisement does not imply SKSR endorsement.*

### DEFINITIONS

#### TOOTHACHE:

The pain that drives you to extraction.

#### TOMORROW:

One of the greatest labor saving devices of today.

#### WRINKLES:

Something other people have, similar to my character lines.



*Sno-King School Retirees*  
*P. O. Box 33962*  
*Seattle, WA 98133-0962*

NON-PROFIT  
ORG  
U.S. POSTAGE  
PAID  
Permit #6835  
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 January 18**

Send news and other materials to

**Dave Johnson** 814 6th Ave. So. Edmonds, WA 98020, [damajo3@comcast.net](mailto:damajo3@comcast.net), or 425-776-7298.

Address, phone or e-mail changes should be sent to **Erma Snook** [egsnook@comcast.net](mailto:egsnook@comcast.net) or  
425-776-2067.

If you know of illness, please call Sunshine Chair, **Evelyn Nordeen** [evie.nordeen@frontier.com](mailto:evie.nordeen@frontier.com) or  
425-775-1127

To help with mailing our next Bulletin on **Monday, January 28** call  
**Marilyn Dauer** 425-774-7445, **Betty Odle** 206-525-8276 or **Joan Hertrich** 425-778-9572

**Address Changes:**

Babin, Linda, 22429 18th Ave SE, Bothell, WA 98021

Bell, Margaret, 1717 Rockefeller Ave APT 223, Everett,  
WA 98201

Brenchley, Dorothy A, 1907 201st Pl SE APT 422,  
Bothell, WA 98012

Cochran, Fred, 6520 196th St SW Apt 117, Lynnwood,  
WA 98036

Corbett, James, 9125 184th S.W., Edmonds, WA 98026

Cummings, Neil, 421 173rd Ave NE, Snohomish, WA  
98290

DeArias, Yolanda, 15715 NE 18th St APT 8F,  
Bellevue, WA 98008

Henderson, Sharon, 1214 5th Street, Anacortes, 98221

Kuhn, Joan N, PO Box 203, Olympia WA 98507

Lucas, Ron, 16304 84th Ave NE, Kenmore, WA 98028

Puckett, Elizabeth, 900 N Western Ave APT 109,  
Wenatchee, WA 98801

Redick, Brenda, 7523 Riverdale Rd, Apt 1997, New  
Carrollton, MD 20784

Romney, Beverly, 420 NW 11th Ave #1015, Portland,  
OR 97209