

SKSR Bulletin



September/October 2012

A message from President Jim Siscel



Welcome to what will be a great year for the Sno-King Retired Educators unit. The Executive Board met early in August and discussed the plan for 2012-2013 year that we think you will enjoy. We are financially secure for carrying out our Active Member Grants program and our scholarship program for high school students entering the education field in college.

We have planned for some excellent programs at our meetings--a service project at Food Lifeline in January and another field trip in March. Except for the December Cookie Fest we have scheduled all of our activities for the third Thursday of each month. So mark your calendars "SKSR Activity" on these dates in October through May.

We discussed the publication of our bi-annual Membership Directory. It was decided that the unit would pay for the cost of the directory for all who want it. You will be receiving a telephone call or email message with questions that we need to have answered in order to update the directory.

We are looking forward to the October luncheon at Le Bistro at Sno-Isle Tech Skills Center. The information about the luncheon can be found in a separate article. We will be adopting our annual budget at the luncheon. I hope to see you there.

Membership Committee Chair and Members Needed

The 2012-2013 Executive Board is set, except for a Membership Committee Chair. We hope you will consider serving.

There is a significant number of non-member retired educators in Shoreline, Northshore and Edmonds School Districts who are benefitting from our advocacy for their pension stability.

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Jim Siscel, President
 Roberta Hawkins, Vice President
 Cheryl Bauer, Secretary/Schl Fin
 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

YOU'LL FIND INSIDE

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SKSR Board Meetings

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

- September 13
- October 11
- November 8
- January 10
- February 14
- March 14
- April 11
- May 9
- July 11

MARK YOUR DATEBOOK

October 18 Luncheon/Social
 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 19 Picnic

MARK OCTOBER 18TH ON YOUR CALENDAR

On October 18th, we will hold our first meeting of the year, a Kick Off Social Event! We will meet at Sno-Isle Tech Skills Center Le Bistro Café. We will be entertained by John Hartquist, as he re-enacts George Brackett the founder of Edmonds.

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 to socialize, reconnect, and hear an interesting presentation as we kick off our new year! You can purchase your new Entertainment Book for \$30 (see article elsewhere in this issue). We are and will be signing up people who are willing to help fold bulletins for any or all of the six issues per year. You will hear about the other programs planned for 2012-2013.

Reservations are Required, so Chef Becky can plan for the amount of food to serve. Please send Donna Murrish the form below by **October 8th**.

See you there!



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.

Luncheon Reservation Form
 October 18, 2012 – 11:30 AM
 Sno-Isle Tech Skills Center Le Bistro Café
 9001 Airport Road, Everett, WA
 \$14 per person
 Deadline to submit this form is **October 8**
 Make checks payable to Sno-King School Retirees
 Return this form and check to:
 Donna Murrish, 11227 Goodwin Way NE,
 Seattle WA 98125
 Your Name: _____

Meal Choice: Choose 1
 ** Cider Brined Pork
 ** Salmon with Mustard/Tarragon glaze

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Our lobbying effort is positively intensified by increasing our number of members. About 25% of our membership are currently active educators who believe in us and invest in us as members. There are many more for us to invite!

We need a responsible person/persons to take charge of this committee. In addition to membership recruitment, the chairperson will train committee members, greet new members at events, and report to the Executive Board on committee activities.

For a complete list for Membership Expansion Chairperson duties go to www.sksr.org, then click on Bulletins and Applications and find Bylaw Appendix A that lists a description of all Sno-King Committees and their duties.

If you are interested in this position or in serving on this committee, please contact President, Jim Siscel, asjs68@earthlink.net, 425-778-7202

Application Period Now Open for SKSR Active Member Grants

If you are an active (working) 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 things such as field trips, art materials, books, computer programs, PE equipment, educational games, visiting experts, etc.

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 name, phone number and school address.
4. Give applicant's district, school, principal's/ supervisor's name and the school's phone number.

Grant Recipients will be notified by Thanksgiving. Applications should be e-mailed to Virg Rayton, virg@raytonfamily.com. Phone: 425-774-9413. An alternate contact is Rita Requa, rrequa@comcast.net.

New Entertainment Books are hot off the press and will be available at our SKSR table at September Benefits Fairs for \$30. The sale of these supports our grants program.

SNO-KING EXECUTIVE BOARD MAKES PLANS FOR 2012 -2013

With 15 board members attending, Jim Siscel, SKSR President, called the meeting to order. Refreshed with the coffee, juice, pastries and fruit provided by The Bothell Foundation House, where we met, we immediately began to organize and plan for the coming year.

After reviewing and updating our board notebook, we attended to unfinished business from 2011-2012. Rita Requa discussed the primary election and distributed her written report, encouraging all members to contact our legislators NOW, preferably by "personal letter" in order to get their attention. This year it is particularly important to stress the individual impacts of legislative action and to build on the WSSRA policy positions. (These are available by visiting the wssra.org website.)

This was followed by a report on our highly successful annual July Picnic, which served over 70 participants under sunny skies. We then gave attention to providing help at the Fall Benefit Fairs and reviewed the process and timeline for this year's Active Educator Grants.

One major item for our consideration involved reviewing the responses to our Membership Directory survey. Erma Snook organized the responses and graphed the results to give perspective to the results. She also provided specific information regarding the costs of the various options for producing the directory. After considerable discussion regarding the possible options, and after several motions, it was decided that for this year a printed directory would be printed, stapled and sent to all members (only one to double member households) except those who chose not to receive one. The budget was revised to accommodate the costs for printing and mailing.

Jim Siscel noted the SKSR should have no difficulty meeting Unit of Distinction goals this year. In addition we reaffirmed the practice of transferring \$25 per memorial to the scholarship fund.

Under "new business" Jim Siscel reviewed several program ideas for our meetings throughout the year. Look for a schedule of activities and entertainment in our newsletters.

We will again sell Entertainment Books. Be sure to contact Donna Murrish to purchase one. We also plan to contact members in order to have more of them receive their newsletter by "email" rather than printed copy.

Our final action was to do a final review of the budget, which was then approved. Look in the newsletters and on the website: www.sksr.org for continued information about our meeting and activities for the year. We would love to see you at them.

You Have Made A Huge Difference! We Can Do More!

This is our annual plea for you to receive your newsletter via e-mail and to keep us updated on any address/ phone # changes. You have done wonders so far! 374 of you have given us your e-mail address out of our 1261 members (30%). We would love to have more! Let me explain how you can affect our costs. Averaging costs over the last six newsletter publications we have spent \$381 for printing and \$118 for postage per issue. That's \$500 per issue or for the 885 copies we print that's about \$0.57 per copy. It also means that the 374 of you "e-mailers" have saved us \$213.18 per issue. Now that's real money! Won't you consider converting to e-mail? You receive the newsletter 10 days earlier and it is in full color! Send your e-mail information to Erma Snook, Records, at: egsnook@comcast.net.

Now on to the topic of current addresses. Whether it is USPS mail or e-mail we appreciate your keeping us up to date--and don't forget to include that new phone #!

We are gearing up to print a new Directory and for that reason we want to represent your contact information accurately. We will also be telephoning or e-mailing you to verify your information--or your could contact us on your own. Erma Snook (425)-776-2067 or at the e-mail address above.

Our cost for sending a newsletter to an incorrect address and having it returned by the post office is \$.50 for each one!--that nearly doubles the cost of the newsletter for us and you go without! And a returned WSSRA "Journal" costs \$1.28. For Snowbirds this is particularly an issue. If you contact us we will use your Snowbird address for as long as you tell us to, just make sure you let us know when to change back. We will also keep WSSRA informed. Please consider our plea! Thank you!

A Note To Snow Birds

When you head south in the next few weeks, please remember to let me know when to use your winter mailing address and when you expect to return. Thanks, Erma Snook. egsnook@comcast.net.

Directory Survey Results

Thank you to all 115 of you who took the time to let us know your feelings about our Directory publication costs. You let us know your opinions! 55% of respondents used and wanted a directory. 45% did not need/want one. The majority of you were willing to pay the cost of preparing the Directory (\$1-\$3). We have discovered we are not capable of putting a Directory securely online at this time--we'll keep trying. We especially want to thank those of you who wrote elaborating comments and suggestions. We read them all.

At our August retreat the Executive Board took action to provide a Directory at no cost to members while also providing an option for members, who do not want a Directory, to opt out. Our phone and e-mail campaign will gather that information as well as update our records for accuracy. You may contact us on your own. Contact Erma Snook - (425)-776-2067 or egsnook@comcast.net.

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.

THE WOLF IS AT THE DOOR..... Rita Requa, WSSRA Legislative Committee

Now that the final candidates have been chosen for the Nov. 6 election, it is time for all of us to take the initiative to contact those candidates regarding issues of importance to us all. The next Legislative Session promises to be difficult again and there is a high probability for additional cuts to our pensions and benefits.

I am asking you to write letters or speak to the legislative candidates, telling your personal stories, focusing on these issues:

1. Funding Pensions. The TRS/PRS Plan I is still underfunded liability even though \$146 Million payment was made the last session. It is still “pay now or pay more later.”

2. Treasurer McIntire has written a constitutional amendment for legislative and voter approval regarding the funding of pensions. In essence it directs the legislature to fund pensions first. WSSRA has been supporting a Constitutional amendment to fund pensions first. This amendment would go a long way to erase the Plan I unfunded liability.

3. Health Insurance subsidy. It has already been reduced to \$150 a month and premiums and co-pays have been significantly raised. (Tell your own story, how it affects you, give specific dollar amounts) And by the way, our COLA was taken away, as was gainsharing, so there has been no increase in our monthly pension check for three years.

4. For actives, there is a high probability to eliminate Plans II/III option and move to a defined contribution plan for new hires. A defined contribution plan does not promise a specific amount of benefits at retirement. PERS Plan 2 and TRS Plan 2 are defined benefit plans that provide full pension benefits after the member reaches age 65. PERS Plan 3 and TRS Plan 3 are defined benefit plans that include a member-funded defined contribution component. Full pension benefits are provided after the member reaches age 65. With the recent swings in the stock market, Plan 3 is a riskier pension plan.

How did Washington State get to this place? The state is facing a budget shortfall of at least \$1.7 billion for the next two-year budget cycle and \$1.6 billion in subsequent years. According to the WA State Office of Fiscal Management the solution is to “fix the state’s revenue structure so that it meets the needs of the 21st century, meaning eliminating wasteful tax breaks, modernizing our sales tax to include more consumer services and taxing high-end capital gains.” The major reason that it has been difficult to raise state revenue is the 2/3 majority rule that was passed in 2010, known as the Eyman initiative. In May, King County Judge Bruce Heller ruled that Initiative 1053 two-thirds vote requirement for the Legislature to raise revenue is unconstitutional. This issue will be ultimately be decided by the WA State Supreme Court which will hear oral arguments mid-Sept. Of course, this has not stopped Eyman from submitting another initiative requiring 2/3 Legislative affirmative vote or vote of the people to raise taxes, Initiative 1185. This will be on the November ballot. Over \$1,385,000 has been raised in support of this issue, one-half of which comes from out of state. (PDC reports 8-26-12)

I think the “wolf is at the door” and it is time for us to “Stand Up and Be Heard.”

2013 ENTERTAINMENT BOOKS HAVE ARRIVED!

It's that time of year again. Your 2012 book is close to being obsolete and my hallway is once again lined with boxes of new books. Remember, this is our annual fund-raising project to help support our Scholarship Fund.

To get your copy of the 2013 book, you can call me at 206-363-5753 or send an email to donnamurrish@comcast.net

Books this year are \$30 each - a bit higher than last year but still with all your favorite restaurants, theaters, sporting events, the Puyallup Fair, garden stores, car rentals, etc, etc.Sales promotion will continue from now until the first part of December.

THANK YOU TO OUR SCHOLARSHIP DONORS

To Janice MacKenzie in memory of Phyllis Weishaar, to Chuck & Pauline LeWarne in memory of Mary Ann Haycox, to Bob & Evie Nordeen in memory of Ron Robinson to SKSR in memory of Robert Anderson, Willy V Clark, Darlene Felder, Ann K. Fox, Gerald I Nelson, Margaret Newell, and Patricia Rein.

ANNUAL PICNIC CELEBRATES SNO-KING'S 35th YEAR



*Nick Schultz, WSSRA
President-Elect*



35 years of SKSR



*Dick Anderson, WSSRA
President*



*Judy Schaad,
Grant Recipient*



*Maureen Cline,
Grant Recipient*



*Catherine Feller,
Grant Recipient*



Bob Jones Picnic Musician



Time to eat



Enjoying the speakers



*Peggy Hohnhaus, Grant Recipient
with Grant Chairman Virg Rayton*



Tonya King and Cathi Wrolsted, Grant Recipients

We enjoyed the annual picnic at Edmonds Park in July. The beautiful sunny day saw over 70 members attending--all enjoying good fellowship and excellent food. Dick Anderson, WSSRA President, and Nick Shultz, WSSRA President-Elect attended and gave us information about WSSRA.

Healthy News

Dr. Gary Reul, Ed.D.

Is It Alzheimer's? When it seems as if you're forgetting things all the time, it's normal to worry that you're showing the first signs of Alzheimer's disease. Here's how to tell the difference between normal age-related memory changes and signs of Alzheimer's:

Signs of Alzheimer's

- Poor judgment and decision making
- **Inability to manage a budget**
- Losing track of the date or the season
- **Difficulty having a conversation**
- Misplacing things and being unable to retrace steps to find them

Source: Alzheimer's Association

Drug Side Effects Adverse drug effects send about 4.5 million Americans to the physician's office or the emergency room each year. Each year it is estimated that serious drug reactions occur more than 2 million times among patients in hospitals and are the fourth leading cause of hospital deaths, topped only by heart disease, cancer and stroke.

Fatal or serious reactions most often reported are only the tip of the iceberg, experts say. There are tens of millions of milder reactions, some of which are quite damaging to people even though they're medically regarded as minor.

Milder symptoms such as drowsiness, sleeplessness, muscle aches, dizziness, nausea, diarrhea and bouts of depression may be more troubling than they are dangerous. Studies show drugs that affect people's sense of balance or slow their reactions are a major cause of falls and road accidents.

Why do drugs prescribed for a specific health problem trigger other health problems? Errors made by physicians, pharmacists, hospitals—and patients themselves—are a major problem. But even if all errors were avoided, knotty issues remain, including bad interactions among different drugs prescribed for the same patient by different physicians.

Drugs are widely assumed to be designed to target a

specific medical issue, but they rarely do. They have effects on multiple organs. These are very complex molecules going into very complex organ systems of human bodies.

Drugs are almost always tested on younger populations, and an older person may not tolerate the prescribed dosage or the drug itself.

It's hardly surprising that physicians, seeing a patient for maybe 15 minutes or less, fail to recognize a symptom as linked to a drug the person is already taking—not some new medical problem.

Patients can be their own best advocates in alerting their physician to a concern that a symptom could be a drug side effect. Patients know themselves better than anyone else. Source: AARP

How Safe is Your Hospital? Hospitals are now being rated from A to F for patient safety. Infections, medication and medical errors, and injuries are still rampant, but some hospitals are safer than others. Check out your hospital. Google: Hospital Safety Score.

Water – Drink Up Water is the healthiest liquid you can drink. Most adults need about 60 ounces a day – enough to keep you hydrated and make the urine clear or lightly colored, instead of dark. However, one needs to consider where your water comes from. Soda pop certainly has water in it, but also almost eleven teaspoons of sugar – liquid syrup. Conclusion – drink more water. Source: Bottom Line Personal - April 2011

Hydration Water makes up about 60% of the body's weight. As stated above, water is necessary to keep you hydrated and your body functioning. Not all water needs to come from your tap or your coffee cup. You can add to your water intake with fruits and vegetables. The items listed below give you some indication of the water content of specific fruits and vegetables. The number following the item is the percentage of water it contains: Fruits • Apple 84% • Banana 74% • Cantaloupe 90% • Grapes 81% • Pineapple 87% • Strawberries 92% • Watermelon 92% Vegetables • Broccoli 91% • Carrots 87% • Cauliflower 92% • Cucumber 96% • Lettuce 96% • Peas 79% • Sweet Peppers 92% • White Potato 79% • Radish 95% • Spinach 92% • Tomato 94% -- and a Peanut 1%. • Source: University of Kentucky College of Agriculture

One nice thing about egotists: they don't talk about other people.

Editors Note:

When Gordon Bowers passed away in February he had just completed the health report for the April Bulletin. His family asked that we publish his last article.

It is with great pleasure we submit his report this month.

HEALTH NEWS by Gordon Bowers

Stroke Calls for Immediate Action: To call 911 is not the only determination to make. Check for symptoms which include trouble walking, speaking, and seeing. Ask the person to smile. Does one side of the face droop? Ask him/her to raise both arms. Does one arm drift downward? Ask the person to repeat a short sentence. Can they repeat the sentence clearly? If any one of these symptoms occur call 911. Every minute counts. Doctors need time to determine the type of stroke, ischemic or hemorrhagic and treat accordingly.

Ischemic stroke means an artery to the brain has been blocked causing reduced blood flow to the brain and if not treated immediately brain cells start to die. 90 per cent of all strokes are this type.

Hemorrhagic stroke is one in which a blood vessel in your brain leaks or ruptures and spills blood into the surrounding brain tissue damaging cells. If you see any of the symptoms call 911. Don't wait to see if the problem will go away. The longer you wait, the brain damage can be causing a very short life and/or a long disability.

Are you at risk for stroke? Your risk is greater if your family history shows a parent or sibling have had a stroke or TIA (ministroke. Transient Ischemic Attack). Many TIAs have similar symptoms with strokes, but usually last only a few minutes, because a clot that was blocking the brain was only temporary and no permanent damage occurs. Your risk of stroke increases with stroke risk doubling every ten years after age 55. Men have a higher risk of stroke, but more women die of stroke, being older when they have a stroke. Also they have special risks due to pregnancy and menopause that influence blood pressure. Risk of stroke varies racially but American blacks are more likely to have strokes than other ethnic groups. Other risk factors can be modified by healthy lifestyles.¹

Are You at Risk for Diabetes? Much is in the news about diabetes. The Center for Disease Control reports that about 26 million US adults are affected, and 11 million are 65 or older. The National Institute of Health (NIH) has just made a new study of five specific life style factors that

affect the risk of developing diabetes. These are general health care, keep your weight within a healthy range, eat smart, get moving, don't smoke and drink alcohol in moderation. Although this study has flaws, Simeon Margolis MS, PHD Professor of Medicine & Biological Chemistry at John Hopkins School of Medicine sums it up, "The take home message is still a good one: Live a healthy life style to lower your risk of diabetes".

If you have any of the following risk factors your chance of developing diabetes increases: a family history of diabetes, age 45 or older, high cholesterol or triglycerides, high blood pressure, excess weight, sedentary life style, African Hispanic Asian-Americans. American Indians, Native Alaskans, a history of gestational diabetes or having given birth to a baby weighing nine pounds or more.

Gosh, ask your doctor at your next appointment. Are you at risk?²

Memory Pills: We are all concerned about loss of mental function but it is normal to have increased forgetfulness or to be absentminded as we grow older. It is important, however, to know there are no memory pills, but several drugs are used to treat mild dementia or Alzheimer's. Their common names are Aricept, Razadyne and Exelon. Severe Alzheimer's includes Namenda.

If concerned about memory loss, check with your doctor who can give a short test of memory recall, arithmetic, drawings and associations. Also your doctor can check your drugs for interactions that might be a cause of memory and thinking problems or other diagnosis of mild cognitive impairment.³

¹Mayo Special Report February 2012 Vol. 30 Number 2 p 1-7.

²John Hopkins Health Alerts February 2012 Vol. 23 issue 12 p 4 & 5.

³Mayo Staff "Second Opinion" January 2012 Vol. 30 Number 1 p 8.

IN MEMORIAM

Anderson, Robert B, Edmonds, May, 2012

Clark, Willy V, June, 2012

Darlene Felder, Edmonds August 2012

Ann K. Fox, Shoreline/Edmonds August 2012

Nelson, Gerald I, Northshore, August, 2012

Newell, Margaret E, Shoreline, August, 2012

Rein, Patricia R, August, 2012

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

2012 Dates
Oct. 8 & 9 Mon. Tue.
Nov. 15 & 16 Thur. Fri.
Dec. 19 & 20 Wed. Thur.



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Welcome New Members:

Chicatelli, James R, 18736 Kenlake Pl NE, Kenmore, WA 98028

Clemmons, Eve, 900 5th Avenue S Apt. 200, Edmonds, WA 98020

Rogers, Jane, 11723 Bartlett Ave NE, Seattle, WA 98125

Venn, Leanne, 2601 147th Pl SE, Mill Creek, WA 98012



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

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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, **Friday October 19**

Send news and other materials to

Dave Johnson 814 6th Ave. So. Edmonds, WA 98020, damajo3@comcast.net, or 425-776-7298.

Address, phone or e-mail changes should be sent to **Erma Snook** egsnook@comcast.net or
425-776-2067.

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, October 29** call
Marilyn Dauer 425-774-7445, **Betty Odle** 206-525-8276 or **Joan Hertrich** 425-778-9572

Address Changes:

Bentson, Barbara, 102 N 62nd St, Seattle, WA 98103

Bingaman, Alice, 17121 11th Pl West, Lynnwood, WA
98037

Davis, Kenneth and Evelyn, 20909 Olympic Pl NE Apt
151, Arlington, WA 98223

Gartland, Nina, 11931 NE 168th, Bothell, WA 98011
(correction)

Logan, John, 1224 233rd St SE, Bothell, WA 98201

Michaelson, Jeffrey, 1430 E. Sonoran Desert Dr,
Tucson, AZ 85737

Miner, Aimee, 16727 Shore Dr NE, Lk Forest Pk, WA
98155

Oordt, John, 8821 SE 37th St, Mercer Island, WA
98040

Partridge, Joan, 8225 Willow Ranch TRL, Reno, NV
89523

Trujillo, Cynthia, 4416 219th Pl SE, Bothell, WA 98011

Van Cleve, Rita, 16934 Valley Palms Dr, Spring, TX
77379

Williamson, Sharon, 130 West End LN Apt 608, Ponte
Vedra, FL 32082

Wiklund, Stan, P O Box 68, Edmonds, WA 98020