

# SKSR Bulletin



April 2013



## A message from President Jim Siscel

This year is a long session for our State Legislature. Please read Rita's Legislative Report. Every one of us needs to be concerned about current and future benefits that might be affected by our Legislators this year.

Be ready to respond if requested. Our four legislative priorities are listed in the NW-1 Report.

We have two Luncheons coming up, first our Scholarship Awards Luncheon of Thursday, April 18th and then the joint Sno-King/Sno-Isle Luncheon on Tuesday, May 14th. Information about both of these events is elsewhere in the bulletin.

Please bring a canned food donation and/or a picnic themed donation to the April Luncheon. The canned food item will go to the local food bank. The picnic item will go in a basket that will be raffled at the WSSRA Convention in June to benefit the WSSRA Foundation Scholarship Fund.

The executive board at the March meeting decided that because of increased cost of a college education that starting in 2014 we would increase the scholarships given to our four recipients to \$1,500.

Your SKSR unit is looking for a person to be President for next year. Yes, there is work involved, but I accepted the position without previously serving a position on the executive board. The executive board provided the assistance that I needed to do the job. If you would be interested in being President or Co-President with another person please contact me.

Hopefully you celebrated School Retirees Appreciation Week, March 18-24 as proclaimed by Governor Gregoire.

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  
 ...?..., Retir. Plan/Web Page  
 Alice Bingaman, Schl Fin/Retir. Pln  
 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**

President's Message.....1  
 Calendar of Events/Joint Luncheon.....2  
 April Scholarship Luncheon.....3  
 Address Changes/Directory/obituaries.....4  
 Healthy News.....5  
 Legislative News/Grant Information.....6  
 NW1 Coord Council/Emergency Prepared Mtg....7  
 Scholarship Success/Convention News.....7  
 Welcome New Members.....8

**MARK YOUR DATEBOOK**

**April 18 Scholarship Luncheon**

May 10 Mariners Game

May 14 Sno-Isle Joint Luncheon-Le Bistro

June 3-5 WSSRA Convention-Spokane

July 25 4th Thursday-Annual Picnic-Edmonds Park

**SKSR**

**Board Meetings**

1:00 PM

Edmonds SD ESC 20420 68th Ave W.  
Lynnwood

Everyone welcome

April 11 May 9 July 11

**Mariners Game Friday, May 10**

If you are interested in attending the Mariners game on Friday, May 10<sup>th</sup> at 7:05 pm contact Jim Siscel ([asjs68@earthlink.net](mailto:asjs68@earthlink.net) or 425-778-7202). Tickets are \$12 for 300 Level seats starting at Row 15. Seats are in a section behind Home Plate. Respond by April 24<sup>th</sup>.

**Sno-Isle/Sno-King Joint Unit Luncheon**

The annual Joint Luncheon and get-together with Sno-Isle Unit 22 will be on Tuesday, May 14th at the Sno-Isle Tech Skills Center Le Bistro Café. The luncheon event begins at 12 Noon. Please arrive by 11:45 am. We will socialize and eat a wonderful catered lunch courtesy of Chef Becky and her culinary arts students. The cost will be \$15 per person. Our entrée choices are Chicken with Dijon Cream Sauce, or Lentil Puttanesca w/Salmon - a bed of lentils with tomatoes, capers, olives with baked salmon on top. Your lunch includes a salad, entrée choice, delicious dessert and beverage (coffee, tea, soft drink on request).

Jan Steves, who recently competed in the famous Iditarod Sled Dog Race will be our speaker. She will tell of her experiences in the race and bring some artifacts to share with us.

Reservations are REQUIRED as the seating is limited to 36 Sno-King members. Please send Donna Murrish the form below by May 3rd.

Joint Unit Luncheon Reservation Form  
 May 14, 2012 – 11:30 AM  
 Sno-Isle Tech Skills Center Le Bistro Café  
 9001 Airport Road, Everett, WA  
 \$15 per person Deadline to submit this form is May 3

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  
 \_\_\_\_\_Chicken with Dijon Sauce  
 \_\_\_\_\_Lentil Puttanesca w/Salmon on top

**THANK YOU FOR YOUR REMEMBRANCES AND DONATIONS TO THE SCHOLARSHIP FUND**

In memory of **Bob Nordeen**: Jim Siscel, Dave & Marlene Johnson, Phil & Georgia Elvum, Gary & Marcia Hurst.  
 In memory of **Bob Jones**: Donna Murrish, James & Marianne Lockhart, Dave & Marlene Johnson.  
 In memory of **Elna Yantis**: Gary & Marcia Hurst, Lynda Tripp, Phyllis Fiege & the "Soup Group".  
 In memory of **Gerard McKenna**: Phil & Georgia Elvum. In memory of **Fred Cochran**: Gary & Marcia Hirst.  
 In memory of **Mary Hicks**: Donna Murrish. In memory of **Regina Norris-Kluka**: Nanette Bull  
 From SKSR in memory of **George Selvidge, Nancy Swanson, Carolyn Ostrander, Joanne Gunnerson, & Bob Jones**

## Sno-King Scholarship Luncheon

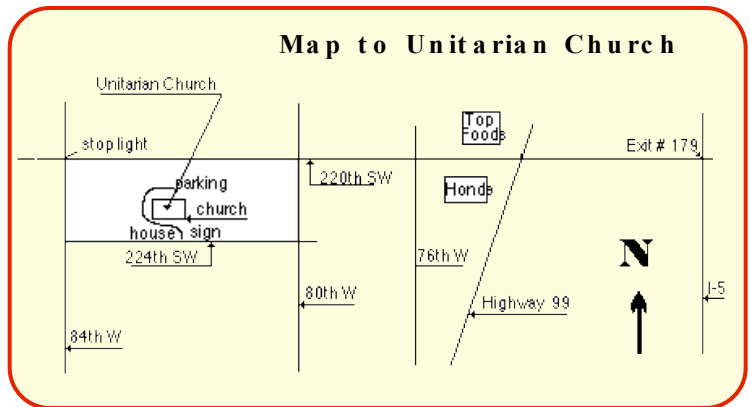
On Thursday, April 18th, at **noon**, join us for the second of our semi-annual Scholarship Luncheons to raise money for our Scholarship Fund for the four \$1200 current scholarships we award annually to graduating high school seniors who are intending to major in the field of education. We award them to students from Edmonds, Northshore and Shoreline High Schools.

We will hold the potluck salad luncheon at the Edmonds Unitarian Church, 8109 224th SW, Edmonds, WA at **noon**. The fee is \$5 with your potluck salad donation or \$7 without a donation. Your salad should serve 12+. We need bread and cookies donations as well. Helpers for set-up and clean-up make the day go faster.

Luncheon starts at 12 Noon sharp. Following lunch, this year’s scholarship recipients will be presented their scholarships by Linda Fitzgerald. Dave Little, SKSR member, will provide some great music on the piano. Superintendent Sue Walker will give us an update on what is happening in Shoreline School District.

Please RSVP by Monday, April 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!

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 this page which can be delivered to the meeting or mailed to SKSR.



### 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.

**Address Changes and Updates to 2013-2014 Directory:**

- Pg 13 Brick, Ruth, 828 148th St SW, Lynnwood, WA98087
- Pg 17 Christensen, Larry, 10419 SE Olympiad Dr, Port Orchard, WA 98366
- Pg 25 Faber, Febe, 20420 Marine Dr Apt H2, Stanwood, WA 98292
- Pg 33 Herold, John\*, 17048 8th Ave NE, Shoreline, WA 98155
- Pg 33 Heuchert, Dorothy, 19300 Crista LN N #129, Shoreline, WA 98133
- Pg 42 Laatz, Leah\*, 1131 E Vine Maple Lane, Union, WA 98592
- Pg 42 Laskelle, Janet, 14128 26th CT SE, Mill Creek, WA 98012
- Pg 58 Peterson, Patricia, 10331 NE 141 CT, Kirkland, WA 98034
- Pg. 59 Pham, Trinh, 19022 34th Ave NE, Lk For Park, WA 98155
- Pg 62 Reigers, Raymond A, 5525 Colby Ave, Everett, WA 98203
- Pg 67 Scott, Robyn, PO Box 964, Edmonds, WA 98020
- Pg 70 Somers, Walter, 11106 236th Pl SW, Edmonds, WA 98020
- Pg 71 Steiner, Patricia C, 1181 Quail Run Drive, Yakima, WA 98909
- Pg 75 Vickery, Carolyn, P O Box 13904, Mesa, AZ 85216
- Pg 78 Watkins, Lee, 15409 W Greystone Dr, Sun City West, AZ 85375
- Pg 80 Williamson, Sharon, 13824 Deer Chase Pl, Jacksonville, FL 32224
- Pg 82 Ziska, Leonard, 18129 Fjord Dr NE, Slip R, Poulsbo, WA 98370

**E-Mail Changes**

- Pg 11 Berg, Barbara: [barbara\\_berg@aol.com](mailto:barbara_berg@aol.com)
- Pg 61 Rayton, Virg: [rayton@raytonfamily.com](mailto:rayton@raytonfamily.com)

\* indicates currently teaching

**Sno-King Membership Directory 2013-2014**

The 2013-2014 Membership Directory was mailed out to members in February. All members received a directory unless they had opted not to receive one or unless we had neither a working phone number nor an e-mail address to confirm a mailing address. We telephoned or e-mailed all members to get current mailing information.

If you did not receive a Directory, but would like one, please contact Erma Snook. Telephone number: 425-776-2067 or E-Mail: [egsnook@comcast.net](mailto:egsnook@comcast.net)

The directory already has changes. Please keep your directory up to date by adding new members and address changes and by noting our deceased. Every newsletter has this information posted for your convenience.

**BOB JONES**

"Bob Jones passed away on March 13, 2013 at home. Bob taught music for his entire career in the Shoreline District, working for many years at Elementary and Jr. High levels. He joined SKSR in 1997 shortly after he retired. He was very active in SKSR serving in many capacities, including unit President in 2001-02. His expertise helped produce excellent retirement seminars for members of Edmonds, Mukilteo, Northshore and Shoreline School Districts. He designed our outstanding website, which was used by other retiree units as a model. His music at the annual summer picnic will be missed. He was a great addition to the Sno-King School Retirees."

**BOB NORDEEN**

On December 7, 2012, Sno-King School Retirees lost a long time member and friend. Bob taught Industrial Arts and retired from Lynnwood High School, Edmonds SD after 25 years of teaching. He soon joined SKSR both he and his wife, Evie, were active members. He could always be seen at WSSRA convention singing in the choir. In his position as Membership Chair, Bob always had a form in his pocket and gave it to anyone he knew who was not already a member, encouraging them to join. With his quiet manner and level-headed thinking, he will be missed by the executive board and the committees on which he served.

**In Memoriam**

- Gunnerson, Joanne C, May, 2011, Everett ( date is correct)
- Ostrander, Carolyn, February, 2013,
- Swanson, Nancy A, January, 2013, Edmonds
- Jones, Bob, March 13, 2013, Shoreline
- Selvidge, George J, January 20, 2013, Edmonds

## Healthy News

Dr. Gary Reul, Ed.D.

### Next Health Problem

Top scientists say a new strain of a powerful norovirus is now racing person to person across the country and around the world. It's a severe stomach flu, easy to get, hard to prevent. It is being called a "superbug," which makes people violently ill.

It was first identified in Australia. It comes on very suddenly, within hours of being exposed, and today, since no one has immunity to this new strain, many of us, perhaps 50% more than the 21 million Americans who get the stomach flu each year, will get this strain of norovirus and could become violently ill. In an average year, more than 800 die annually from the regular stomach flu. This new virus is well designed by nature and fast moving.

The regular flu is spread mostly in the air, by coughs and sneezes. You need to breathe in as many as 1,000 virus particles to get sick. This new stomach flu only needs about 18 particles – extremely contagious. On hard surfaces – revolving doors, doorknobs, coffeemakers, countertops the regular flu virus can last two to eight hours. The norovirus can be on these surfaces and last for weeks. Hand sanitizers or regular detergents which work for the flu, do not work for the norovirus. To rid yourself of the norovirus, you must wash your hands with good old soap and water over and over. Bleach will work on a hard surface.

If you get this virus, most people will have a horrible two or three days and then feel better. The key is to drink plenty of liquids. If you get this virus, you need to avoid other people and don't prepare food for others. Source: ABC Nightly News – Dr. Richard Besser

### Common Pill Blockers To Watch Out For

As a follow-up to the last bulletin's Healthy News - common everyday foods can block the absorption of your medications. We must always realize that every person is different in their reaction to medications. How long should you wait after eating? In most cases, you can consume a potentially pill-blocking food or beverage about three to four hours after you've taken your meds, but it's best to ask your pharmacist, who can tell you for sure. Plus, the pharmacist can check to

see if other medications or supplements you take might further affect how your body absorbs your medicines. Remember to read all medication labels carefully. Source: Camille Noe Pagan, *Arthritis Today*, Vol. No. 1 Issue No. 3.

### A Little Laughter is Healthy

- Remember, half the people you know are below average.
- The early bird may get the worm, but the second mouse gets the cheese in the trap.
- Support bacteria... They're the only culture some people have.
- A clear conscience is usually the sign of a bad memory.
- If you think nobody cares, try missing a couple of payments.
- When everything is coming your way, you're in the wrong lane.
- Hard work pays off in the future. Laziness pays off now.
- Eagles may soar, but weasels don't get sucked into jet engines.

• Source: Internet

**TODAY IS THE OLDEST YOU'VE EVER BEEN,  
YET THE YOUNGEST YOU'LL EVER BE -  
SO - ENJOY THIS DAY WHILE IT LASTS.**

### Check Both of Your Arms

The next time you get your blood pressure checked, ask your healthcare provider to measure both of your arms. A difference in blood pressure may offer important clues to your heart health, according to a study in *The Lancet*. It could mean that one artery under the collarbone—which supplies blood to the arms, legs and brain—is blocked more than the other. A difference of 15 mmHg or more is associated with peripheral vascular disease, indicating there's narrowing or hardening in the arteries that supply the arms and legs. However, blood pressure can change rapidly even when only one arm is measured, or you are standing or sitting. Source: *Health Monitor*, Vol. 10, No. 2 - April/May 2012, p. 4

### Which Is More Dangerous??

According to a new analysis of health records, every hour that an adult spends sitting and watching TV can cut about 22 minutes from his or her life span; smoking a single cigarette reduces life span by about 11 minutes. Source: *Parade Magazine*, Jan. 27, 2013

### Yes, I'm A Senior Citizen!

I'm the life of the party... Even if it lasts until 8 p.m.



**Time for Action** Rita Requa, SKSR Legislative Chair

The Legislative Session is more than half over as I write this article. The Legislature has only looked at/passed policy items, waiting until after the next revenue forecast before tackling the budget. Of course the major issues for you are all about monetary issues. It is important that you be ready to immediately contact your legislators when asked. You will be notified by email to do so. If you have not given your email address to WSSRA office, do so immediately. It is simple: Go to [www.wssra.org](http://www.wssra.org), click on "JOIN NOW" in lower left hand corner, enter your email address and hit "submit."

If you are now living outside of Washington state and receive a pension check, you may contact the legislators who represent the District where you taught.

The retirement issues that directly affect active school employees and retirees are still the same. Of concern for new school employees and current active members is SB 5851, which suggests a Plan 4, which is a 401k type plan. We cannot let this happen. Read the article "Be Ready To Take Action" on p. 4 in the March-April issue of The Journal.

To retirees, the threat of reduction or elimination of the Medicare subsidy of \$150 is untenable. Any lessening of the subsidy will be a reduction in your pension check as your health insurance premium will go up in the same amount as the reduction. There is ample evidence that retirees spend their pension checks. Those funds are not put in a bank account or invested, but go back into the economy, which then generates \$2.47.

I hope many of you participated in the recent Town Hall meetings. I was the only person who spoke about retirement issues at the 46th District meeting. If you were not able to attend, please write your legislator regarding our pension and health care subsidy issues.

"It can make a difference between a successful or unsuccessful legislative session." Peter Diedrick, Legislative Coordinator

**2012-2013 Active Member Grants**

Once again this year active (working) members of our organization were invited to apply for grants of up to \$200 for special projects they wish to accomplish with their students. SKSR enjoys offering a helping hand in this way when money is so tight for schools. This year we awarded a record number of 33 grants, amounting to \$5,483 to recipients in Edmonds, Northshore and Shoreline School Districts. The following are this year's recipients: Pamela Bader, Louise Barnes, Susie Capretta, Dennis Day, Paula Donahue, Monica Edwards, Steve Escandon, Catherine Feller, Norma Gunnerson, Peggy Hohnhaus, Janette Jess, Guinevere Joyce, Marcia Kelly, Tanya King-Bazor/Cathi Wrolstad, Judi MacRae, Mary Magill, Line Marilley, Jennifer Martin, Carrie Misener, Renita Ng, Martha Nichols/Kathryn Pihl, Karen Nicholson, Laurie Nunnelee, Jan Pembroke, Trinh Pham, Sandy Sanders, Judy Schaad, Lisa Shearer, Gary Sogn, Nancy Sutherland, Jill Walzer, Carrie Wandler and

Marlene Weaver.

Sno-King School Retirees, since the 1998-99 school year, has awarded \$36,621 in grants to active members. New applications will be accepted again next fall in September.

[www.sksr.org](http://www.sksr.org)

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**Phone: 425.402.9606**



17502 102nd Avenue NE  
Bothell, Washington 98011

## Food Lifeline and Emergency Preparedness Meeting Report

On January 17th 21 members gave their afternoon preparing food to be distributed to Puget Sound area food banks. Part of the group redistributed 880 lbs. of bread mix from 50 lb. bags to 2 lb. bags that would be used to make two loaves of bread. The other group labeled 1,557 lbs. of canned salmon. This food will provide food for 1,888 meals.

On February 21st Dan Good, Emergency Management Coordinator, for the Emergency Services Coordinating Agency for South County told us about the agency and its responsibilities working with cities in the south county area during emergency situations. He told us what we need to do to be prepared for different kinds of emergencies, natural and manmade. He left us with some excellent handouts. Two of the handouts will be available for attendees at the April luncheon.



*Dan Good, Emergency Management Coordinator*

### NW 1 Coordinating Council Meeting – March 2013

Four SKSR members, Roberta Hawkins, Evie Nordeen, Virg Rayton and Erma Snook, attended the NW1 meeting March 4<sup>th</sup>, in Mt. Vernon. After opening the meeting we launched in with the legislative report. The WSSRA priorities are clear: Make the actuarially recommended payment to the state pension funds; Restore the Medicare Eligible Healthcare Subsidy to the full \$183 per month (lowered to \$150 in 2011); Maintain the PERS/TRS 2 defined benefit retirement plan for future school employees; Restore the full retirement age of 62 for Plans 2 and 3; Restore the Plan 1 COLA at the earliest possible date. These are the points SKSR members should be making with their legislators. PEBB subsidy and COLA changes are unlikely. Lively discussion followed.

The Scholarship committee will meet on March 26 to review the applications and choose our NW1 selections to the state.

Our guest speaker was President-Elect Nick Schultz who has visited 4 of the 8 state regional meetings and is getting to know what is going on throughout the state. During his term he plans “to make you smile.” Marianne Harvey, NW1 district representative, reported that the four recent motions introduced by NW1 have coincided with recent streamlined bookkeeping and communicating at the state level which will be a big help to local units. SKSR introduced one more proposal regarding adding WSSRA Website links to help members know which areas, school districts, are served by each state unit. Behind the scenes a “silent auction” was held and raised \$245 for the WSSRA-PAC.

### Scholarship Recipient Success Story

Steve Escandon graduated from Edmonds-Woodway High School in 1994. He received a SKSR scholarship when he graduated. He attended Columbia Basin College (Pasco) his freshman year and then returned to Edmonds Community College where he received his AA Degree. He graduated from UW with a BA degree. Next he attended WWU (Everett Campus) and completed his K-8 Teaching Certificate. In 2005 he started teaching at Madrona K-8 where he has taught 4-6 grades and now middle school Health and Fitness, Intermediate PE and Intermediate Art. He joined SKSR this past fall and received a active teacher grant.

[www.wssra.org](http://www.wssra.org)

### WSSRA State Convention News

The WSSRA State Convention will be held June 3-5, 2012 in Pasco, WA. The Headquarters will be the Red Lion Inn.

If you are interested in attending as a delegate representing Unit #23 contact: Jim Sisel, SKSR President at 415-778-7202 or [asjs68@earthlink.net](mailto:asjs68@earthlink.net).

The headquarters hotel is filling fast. Click on the link on the WSSRA website listed below, Annual Convention, then Convention Hotel and Directions to reserve.

Up-to-date information about the WSSRA State Convention is on the WSSRA website [www.wssra.org](http://www.wssra.org).



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

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Seattle, WA

**ADDRESS SERVICE REQUESTED**

**HELP US WITH INFORMATION TO PUT IN THE BULLETIN**

The deadline for the next newsletter is 8:00 AM, **Friday April 19**

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, April 29** call  
**Marilyn Dauer** 425-774-7445 or **Joan Hertrich** 425-778-9572

**Welcome New Members:**

Pg 12 Borton, Wendy, 19240 Lago Place NE, Lake Forest Park,  
WA 98155

Pg 18 Coffey, Christie, 22220 11th Pl S, Des Moines, WA 98198

Pg 36 Hustad, John, 621 Olympic Ave, Edmonds, WA 98020

Pg 40 Dalan, Nancy J, 1711 N 163rd, Shoreline, WA 98133

Pg 47 Mager, Ingrid\*, 17021 10th Ave NW, Shoreline, WA 98177

Pg 50 Milliken, Connie\*, 14414 Channel Drive, La Connor, WA  
98257

Pg 51 Morales, Kristina\*, 4637 Seahurst Ave, Everett, WA 98203

Pg 57 Parsons, Hazel, 7415 46th Ave S, Seattle, WA 98118

Pg 57 Parsos, Ralph, 7415 46th Ave S, Seattle, WA 98118

Pg 59 Philips, Janet J, 7100 156th St SW  
Edmonds, WA 98126

Pg 60 Putt, Mary, 10502 NE 125th Pl,  
Kirkland, WA 98034

Pg 67 Selle, Karen, 612 Moe Rd, Camano Is,  
WA 98282

Pg 69 Slettebak, Heather\*, 8038 11th Ave NE,  
Seattle, WA 98155

Pg 69 Smith, Sherril, 6202 NE 153rd St,  
Kenmore, WA 98028-

Pg 77 Walker, Sharon, 20520 79th Ave W,  
Edmonds, WA 98026

\* indicates currently teaching