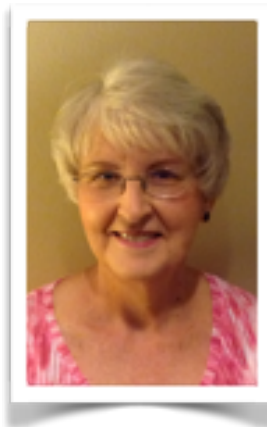


SKSR BULLETIN



May 2014

A message from President Cheryl Bauer



This is my favorite time of year, and it has a lot to do with the flowers of spring. One of the mainstay magazines in my house is Prevention. The calendar picture for April has a runner going through fields of daffodils. It has the following quote: "Flowers always make people better, happier, and more helpful; they are sunshine, food and medicine to the soul." Luther Burbank, American Botanist.

As I renew my soul with the flowers of spring, I also look to review and renew my hopes and aspirations for our Sno-King School Retirees. We have reached our highest number of members – 1285!! Thanks to all you new people who listened to our spiel and decided to give our group a try. It has also been my hope that those of you who chose to, found an activity you could participate in during the year. It's not too late to sign up for the joint Sno-Isle Luncheon (see article in the bulletin for details.) Don't forget to mark Wednesday, July 16, for our annual picnic at the Edmonds City Park.

As I think of the happy and healthy aspects of spring, I want to thank Gary Reul for his years of service as our Health Chairman. He has given us much to read and act on to help us in our health journey.

All the good work of this organization happens because of a dedicated board and membership that supports us in our goals of providing scholarships, grants, defending retirement issues, and providing fellowship. It is my hope, that like the flowers mentioned above, we have acted to help you with information, made you happier with food and fellowship, and bettered your life. Look for events and and opportunities in the future that will continue to do just that.

SKSR Executive Board

Cheryl Bauer, President/Scholarship Finance
 Roberta Hawkins, Vice President
 Jan Phillips, Secretary
 Donna Murrish, Treasurer/ Entertain- Books
 Jim Siscel, Membership/Retirement/Website
 Rita Requa, Legislative
 Betty Odle, Historian/ Luncheons/ Picnic
 Rachel Lake, Scholarship Finance/ Legislative
 Erma Snook, Membership Records/Schl Fin
 needed Health Chairman
 Keith Lindaas, Linda Fitzgerald, Scholarship
 Marilyn Dauer, Joan Hertrich, Telephone
 Marlene Johnson, Barb Smith, Hospitality
 Virg Rayton, Grants
 Evelyn Nordeen, Sunshine
 Marilyn Dauer, Telephone/ Bulletin Folding
 Don Denton, Scholarship Finance
 Bruce Caldwell, Directory
 Barbara Berg, Outreach/ Scrapbook
 Barb Bumgartner, Membership
 Dave Johnson, *SKSR Bulletin* Editor/ Schl Fin

Have you visited our web site? Click on the link below to see the many things that Sno-King does. www.sksr.org

YOU'LL FIND INSIDE

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- P 8.....Gary Reul Thank You

MARK YOUR DATEBOOK

May 20 Joint Sno-Isle Luncheon
June 9,10,11 WSSSRA Convention
July 16 SKSR Picnic

Sno-Isle/Sno-King Joint Unit Luncheon

Grab your parka, mittens, and cold weather gear for our May joint luncheon meeting with the Sno-Isle Unit #22. It will feature a great luncheon and a presentation by Liz and Don Healy about their trip to Antarctica.

The luncheon event begins at 12:00 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 Blue Cheese Flank Steak OR Honey Citrus Glazed Salmon. Your lunch includes Lentil soup, entrée choice, Red Velvet cake dessert, and beverage (coffee, tea, soft drink on request).

Reservations are REQUIRED as the seating is limited to 35 members for each group (total of 70). Please send the form below to Donna Murrish by May 9th.

Joint Unit Luncheon Reservation Form
 May 20, 2014 – 11:45 am, Lunch at 12:00 Noon
 Sno-Isle Tech Skills Center Le Bistro Café
 9001 Airport Road, Everett, WA
 \$15 per person. Deadline to submit this form is May 9th.

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:

Entrée Choice: Choose 1

_____ Blue Cheese Flank Steak

_____ Honey Citrus Glazed Salmon

SKSR OFFICERS for 2014 – 2015

At the Scholarship Luncheon on April 17 the general membership meeting convened. The slate of officers for next year (2014-2015) was presented at that time. The slate included: **Cheryl Bauer** for President; **Roberta Hawkins** for Vice President; **Jan Phillips** for secretary and **Donna Murrish** for treasurer. The slate was accepted by the membership

In the Spotlight Donna Murrish



This month we are featuring Donna Murrish as our person in the spotlight. To use her own words, after serving as secretary for two years, co-president for one year, she then became treasurer forever. Donna worked in the Shoreline School district as a school secretary with 14 years in middle school, four years at high school, six years at elementary and one year at the district office. Before that she was at Pacific NW Bell for nine years. Beyond the local level, Donna has served as Northwest 1 secretary three different times, nominations committee for three years and has attended convention since 1994.

She does have a life outside of SKSR. Actually, it's a very busy one. She has been a member of the Daughters of Norway since 1994 and has served as Secretary, Vice President, and Financial Secretary. She is a member of the Puget Sound Chapter of the Pontiac Club and has been editor of the newsletter for 10 years. She is active in her church guild and St Vincent dePaul with weekly meetings and home visits nearly every Saturday. You'll also find her as part of a quilting group. When she has time, she enjoys doing genealogy. She is one busy lady!!

Welcome New Members:

Branch, Amy J, 8512 16th Ave NW #301, Seattle, WA 98117, amybranch34@hotmail.com
 Leopold, Joseph, 5756 Campbell Lake Road, Anacortes, WA 98221, peggyleopold5@gmail.com
 Gadwa, Karol L, 2001 Rucker Ave, Everett, WA 98201
 Grant, Nancy L, 4302 43rd Ave NE, Seattle, WA 98105
 Holmes, Barbara N, 5620 NE 184th St, Kenmore, WA 98028, bholmes44@gmail.com
 Johnson, Sharon L, 18303 83rd Pl NE, Bothell, WA 98028, johnson18303@hotmail.com
 Jones, Edward T, 20925 36th Pl W, Lynnwood, WA 98036, sonnyj_9803678@yahoo.com
 Lehan, Bernadine J, 14128 81st Pl NE, Kirkland, WA 98034, blehan2010@gmail.com
 Peterson, Elizabeth M, 21704 37th Pl W, Brier, WA 98036, empeterso@aol.com
 Winter, Dale L, 9715 171st Ave NE, Redmond, WA 98052, dalelwinter@msn.com

Trip to MOHAI

On March 20th, seventeen of our members trekked to the Museum of History and Industry in Seattle. In its new location on Lake Union, it is imposing inside and out. Outside, we found ample parking on the south side of the Museum--we won't mention the difficulty we had trying to feed the parking meter--suffice it to say only one of our group was adept at the process-- a learning curve involved, no doubt! Inside, our senses were overwhelmed with wonderfully familiar Seattle icons. Displays on all four levels were interactive and instructive. More than one of us wondered how some of those icons were old enough to be in a museum, anyway. It felt like they didn't miss a thing when deciding on what and how to display items and events in the Museum. We were enchanted and were all glad we had been able to visit MOHAI. Some of us ventured further to make the trip to the waterfront and Pike Place Market. It was a beautiful day for it!

Healthy News

Dr. Gary Reul, Ed.D.

Acid Reflux

For all items presented in *Healthy News*, the comments made are for educational purposes and not medical advice. Always consult your physician for any changes in your health, diet or medications.

Acid reflux, also known as gastroesophageal reflux disease (GERD), results when the valve separating your stomach from your esophagus relaxes, allowing stomach acid to rise into the esophagus. Because the esophagus does not have a protective lining, the acid burns the esophagus. While there are medications that treat acid reflux, doctors have found that long-term use of these drugs can lead to other problems including reduced calcium absorption, increased stomach bacteria levels, pneumonia and vitamin B12 deficiency. Many individuals can prevent or relieve their acid reflux through dietary changes.

Because calcium tightens the valve that separates the stomach and esophagus, including calcium-rich dairy products into your diet can relieve and reduce acid reflux. Focus on low-fat dairy sources such as skim milk and low-fat yogurt. Avoid whole milk and high-fat yogurt because fatty foods can aggravate acid reflux.

Because fruits are easy to digest, they make good choices for relieving acid reflux. However, avoid citrus fruits because the acids can irritate your already painful esophagus. Good fruits include apples, bananas, berries, figs, melons, papaya, peaches and pears.

Vegetables, like fruits, are quite easy to digest. Avoid acidic vegetables such as tomatoes as well as high-fat vegetable dishes like fried vegetables or vegetables prepared with cream. Choose instead steamed or boiled vegetables. You can also drink vegetable juices, such as cabbage or carrot juice.

Include low-fat protein sources like chicken, fish and turkey in your diet. Although relatively

high in fat, nuts also make good choices. Some GERD sufferers report that almonds bring them relief, although this has not been confirmed by controlled research studies.

Focus on high fiber, low-fat breads and grains. Avoid high-fat items baked with whole milk and butter.

Avoid other products that may increase the acid levels such as coffee, tea, soda drinks, alcohol and chocolate.

Don't eat any food within two or three hours before going to bed. This allows your stomach to pass the food into your intestines and reduces the increased possibility of acid reflux. Also, avoid sleeping on your left side, which allows the acid to flow into your esophagus.

There is a surgical procedure on the market that reduces the size of the valve separating your stomach from your esophagus. This prevents excess acid from entering your esophagus. Gastroenterologists physicians perform this procedure and may be of great benefit to those suffering from severe acid reflux. Source: eHow Health - Internet

X-Rays

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

IMPORTANT LEGISLATIVE NEWS

Retirees and future retirees escaped any cuts to retirement and health care benefits from the last legislative session. There are indications that we may be fighting a battle to keep both of these benefits in the next legislative session. There was talk in the Senate of replacing present Plans 2 and 3 with 401K type of retirement and reducing/eliminating the Medicare eligible subsidy. The House would have stopped any such nefarious plans. The next election in November will be very important if we want to keep, and not reduce, our earned benefits.

In WA state all positions in the State House of Representatives and half of the Senate is must run for that office in November. Here are some interesting facts about filing for office in the state of Washington. Persons interested in filling, must wait until May 12 to file with the WA Secretary of State office. Not only do prospective candidates have to assemble an election team, file with the PDC, but have to pay a Legislative Filing Fee of \$421.06.

Here is a run-down of positions to be voted upon in some of the districts we follow. (The following information about candidates may change after May 12.)

In the **1st District** both Incumbents in the House Position 1 (Derek Stanford) and Position 2 (Luis Moscoso); in the **21st District**, Incumbents Senate (Marko Liias) and House Position 2 (Lillian Ortiz-Self) Position 1 is *OPEN* as Mary Helen Roberts has indicated that she is retiring; in the **32nd District**, incumbents Senate (Maralyn Chase) and House Position 1 (Cindy Ryu) and Position 2 (Ruth Kagi); in the **44th District**, incumbents Senate (Steve Hobbs) and House Position 1 (Hans Dunshee) and Position 2 (Mike Hope); in the **46th District**, incumbents Senate (David Frockt) and House Position 1 (Gerry Pollet) and Position 2 (Jessyn Farrell). Be sure to vote.

In case you wanted to know filing fees for judges and congressional seats: Court of Appeals filing fee: \$1594.55, Supreme Court filing fees: \$1675.05, County Superior Courts filing fee: \$1518.09 U.S. Congress: filing fee: \$1740.

The State Supreme Court has not handed down its decision on the gainsharing and COLA. This case was heard in November. Stay tuned.....

Mailing Address Changes: **E-Mail Changes** Carlstrom, William: rwcarlst@gmail.com

Carlstrom, William, 13274 Sunbreak Way NE, Redmond, WA 98053

Dawson, Walter, 546 Alder Street #305, Edmonds, WA 98020

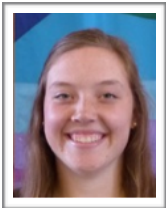
Hardee, Diana E, P O Box 4452, Rolling Bay, WA 98061

Potts, Sharon Lee, 3723 219th St SE, Bothell, WA 98021



To locate a classroom course near you call 1-877-805-1288 or visit www.aarp.org/findacourse14. Classes are either 8 hours on one day or 4 hours each on two separate days. Classes cost \$12 for members and \$14 for non-members. To sign up for the online course visit www.aarp.org/drivesafe14. The online course will take 3-4 hours, You can stop at any time and then start up again where you left off. The online fee is \$15.95 for members and \$19.95 for non-members and the certificate is mailed to you.

Sung Eun Byun, our Edmonds-Woodway High School recipient, is a student in the full International Baccalaureate program and plans to pursue a teaching certificate at Seattle Pacific University. After coming to the United States from Korea, Sung has embraced her new country and became a US citizen last year. She volunteers her time in the summer at a church summer camp where she helps a teacher work with struggling students and during the year she helps feed the homeless. She is also very active in school with many school clubs and is on the varsity golf team. Her teachers describe her as being a diligent student with a natural curiosity. (no photo was available)



Erica Gott, from Lynnwood High School, is planning to pursue a teaching degree at the University of Puget Sound with the goal of becoming a high school English teacher. Erica has been involved in being a Link leader where she helps freshman students adjust to high school life and has been assisting the school athletic trainer through the sports medicine class. She has shown her leadership skills in both the LHS soccer and softball teams where she has been selected as captain. Erica’s teacher and softball coach states “Erica will no doubt continue to lead, inspire, and teach the core values that she consistently demonstrates.

Jessica Gott, also from Lynnwood High School, is going to be attending the University of Puget Sound with teaching and coaching sports as a goal. Jessica has shown her leadership in both the classroom and on the sports fields. She is captain of her softball team, a facilitator for freshman students transitioning to high school, and does consistently thorough and detailed work in the classroom. Her teachers see her as an outstanding student who is highly personable, mature, and humble earning her the respect of both peers and teachers.



Erick Yanzon, from Mountlake Terrace High School, plans to attend Western Washington University with the goal of becoming a high school teacher or counselor. He’s been very involved while in high school with activities including the Hip Hop Dance Team, Spirit Council, Link Crew, and was an Interhigh representative. He has also been on the student newspaper, The Hawkeye, for three years and is presently the web manager and a member of the editorial board. His journalism adviser gives him his highest recommendation and calls him an outstanding leader

SNOWBIRDS

Just a note to returning Snowbirds. Would you be sure we have your current address as you return from your winter flight? Even if you receive your mail from us via email, the state organization, WSSRA, mails out your Journal magazine and we like to keep them from having to pay return postage. Please contact Erma Snook, 425-776-2067 or egsnook@comcast.net. Thank you!

IN MEMORIAM
Bartholomew, M. Kathleen, 3/30/14, Shoreline,
Sacksteder, Richard C, 4/10/14, Shoreline

TO ALL KNIFE EDGE CREASERS!

You know who you are! You're the unsung heroes of this organization's communication network!

You are the ones who arrive ready, having been faithfully recruited by Marilyn Dauer, to prepare our Newsletter, six times a year. You dive into:

- Collating stacks and stacks of papers to put in order that were generously retrieved from printing. (By Dave Johnson, Newsletter Editor!)
- Folding (get that crease sharp with that table knife blade!)
- Taping (just so, according to Post Office dictates, if they'd ever make up their minds!)
- Labeling (carefully sorted according to zip codes!)
- Delivering to the Post Office

There are side benefits such as: meeting a great friendly bunch of people, the stimulating conversations and being brought up to date on the latest business of SKSR. It really is a BIG, BIG, job—nearly 600 copies strong ! (That is half the number from 7 yrs ago, thanks to email)

You are unsung no longer!!! Here's a super, big THANK YOU to all of you for being loyal and dedicated members. You are super speed folders and are setting records each time! By the way, any member wanting to or able to help out is ALWAYS needed and welcome. Come join us; call Marilyn Dauer at 425-774-7445 or email her at: marilyndauer@yahoo.com; and let us teach you the acquired art of knife edge creasing!!

THANK YOU FOR YOUR MEMORIALS

Memorials were received during March & April from the following: Bob & Elinore Bisnett, Marillen Bouck, Sharron Cain, Phil & Georgia Elvrum, Phyllis Fiege, Linda Fitzgerald, Norma Fuhrman, Marsha Hirst, Lynda Hughes, Dave & Marlene Johnson, Rachel Lake, Donna Murrish, Maurice Stoffer, and SKSR.

In Memory of: Kay Bartholomew, Ellie Bonanno, F. Jay Lapp, Dick Sacksteder, Bob Short, Pat Svendsen

Donations from: Roberta & Tom Hawkins, Bea Aigner

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SKSR BULLETIN

HELP US WITH INFORMATION TO PUT IN THE BULLETIN

The deadline for the next newsletter is 8:00 AM, **Friday June 20**

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, June 30** call

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

A Special Thank You to Gary Reul

For over three years, Gary, retired from Northshore School District, has ably served as our Health Committee Chairman. He has done an outstanding job of sifting through and providing us with updated information and health news during this time. Though his own health did not permit him to attend our board and general meetings, the health news he provided gave wonderful hints and insights to many of the current concerns and issues relevant to our members. He was nearly always the first to get his articles to Dave Johnson, editor of the bulletin. The Health section of the bulletin provides members, who may not participate in other ways, with information useful in attempts to stay healthy – both physically and mentally. We wish Gary well and thank him again for all his contributions through his articles in the SKSR newsletter.

Unfortunately, Gary's departure means that we are in need of a new Health Chairman. If you like to read about current health issues, and could help SKSR by summarizing and providing the information in articles for our newsletter, we would love to have you contact Cheryl Bauer, SKSR president. You would be provided with access to journal subscriptions and could join us at our Executive Board meetings. Please give this need some consideration.