

# SKSR BULLETIN

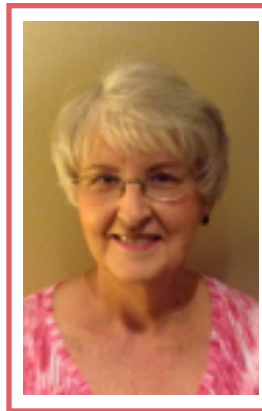


April 2014

## SKSR Executive Board

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 Marlene Johnson, Barb Smith, Hospitality  
 Virg Rayton, Grants  
 Evelyn Nordeen, Sunshine  
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 Bruce Caldwell, Directory  
 Barbara Berg, Outreach/ Scrapbook  
 Barb Bumgartner, Membership  
 Dave Johnson, *SKSR Bulletin* Editor/ Schl Fin

## A message from President Cheryl Bauer



Hopefully, by the time this reaches you, we are enjoying spring – the blooming of the daffodils and tulips – and just the general feeling of joy and hope that this season brings. Because there are so many articles already in this newsletter, I am going to try and be short in my writings. Please read and respond to the articles about the two upcoming luncheons. April 17 is the Scholarship Luncheon, where the money raised is used to support the very people who are being awarded the scholarships.

The May 20 Joint Luncheon with Sno-Isle Unit #21 will be up at the Sno-Isle Tech Center. This is an opportunity to meet new people and share a wonderful meal – prepared by future chefs. I hope you'll take the opportunity to attend one or both of these events.

Music to everyone's ears is the news that we already have our slate of officers for next year. Namely, the same as this year. I've found it really does take one year learning the ropes as President, and another year to try and instigate a few changes.

Right around the corner (June 9-10-11) is the state convention in Vancouver, WA. There you will find your representatives sharing and learning new ideas and insights. We do have fun as well!

Lastly, look for two new columns in this edition. Each issue will find a member of the Executive Board being "In the Spotlight." There is also a section after the NW-1 article called "Did You Know That?" There is so much information to share I chose just a few nuggets to highlight.

## Power of One

During the past month, I was sent information about a program in the Shoreline School District called "The Power of One." Power of One works with people from the community to volunteer in the Shoreline Public Schools. Karen Kessinger, Volunteer Coordinator, wanted to share with our group more about the program and the possibility of recruiting help. The executive board decided that we could reach more people by putting an article about this serving opportunity in our newsletter and on our website. If you want to learn more about this program, please contact her at [karen.kessinger@shorelineschools.org](mailto:karen.kessinger@shorelineschools.org).

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**MARK YOUR DATEBOOK**

**April 17 Scholarship Luncheon**

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

**APRIL 17 SCHOLARSHIP LUNCHEON**

Our annual spring salad luncheon will be on April 17 at 11:30 at the Unitarian Church in Edmonds. We will be honoring our four high school scholarship recipients. One senior from each of the districts represented in SKSR (Shoreline, Northshore and Edmonds) is chosen with one recipient at large. The scholarship committee, with Linda Fitzgerald and Keith Lindaas as chairmen are responsible for selecting the four honorees.

Entertainment will be provided by Mountlake Terrace High School Jazz group. There will be a raffle with proceeds going to the scholarship fund. With everyone bringing a salad, there should be an array of good things to eat. The cost is \$7.00 with salad and \$10 without. Please RSVP to Donna Murrish 206 363-5753 donnamurrish@comcast.net or Cheryl Bauer 425 743-9755 bauerc1@frontier.com if you plan to attend. We will also have an opportunity to browse and purchase books located in the lobby of the church. Hope to see many of you there.

**Seattle Mariners & Sno-King School Retirees**

Come with the Sno-King School Retirees families and friends to the Seattle Mariners game on **Friday, May 9th at 7:05 pm** when the Mariners play the **Kansas City Royals**.

We have reserved View Reserved seats on the 300 Level in infield sections on the third baseline. These seats are above the 300 level concourse, which will involve climbing 14 – 24 steps. Invite your children and their families and your neighbors to join you at the game. Send in one form and money for all, and we will seat you all together.

Normal View Reserved tickets are \$22. Our ticket price is **only** \$14 per person. Please fill out the form below and send it with your check, payable to **Sno-King School Retirees** to: **James Siscel, 19322 73rd Place West, Lynnwood, WA 98036**. Questions: Jim—425-778-7202 or asjs68@earthlink.net

The deadline for your form and check to be received is **Friday, April 18th**.

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

Please reserve \_\_\_\_\_ seats for our family and friends at \$14 per seat.

Enclosed is my check for \_\_\_\_\_ (Payable **Sno-King School Retirees**)

Name (Please Print) \_\_\_\_\_ Phone Number \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ ZIP \_\_\_\_\_

### 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

### THANK YOU VERY MUCH FOR DONATIONS AND MEMORIALS

**In memory of Ellie Bonanno:** Cheryl Bauer, Andrea Boushey, Wayne & Nan Bull, Phil & Georgia Elvrum, Grand Slammers Bridge Group, Joan Hertrich, Gary & Marcia Hirst, Marilyn Irwin, Dave & Marlene Johnson, David & Renee Jones, Rachel Lake, Chuck & Pauline LeWarne, Annette Moran, Donna Murrish, Roger & Annette Myers, Evie Nordeen, Myron & Susan Radke, Virg Rayton, Rita Requa, Jim Siscel, Floyd & Janis Smith, Gil & Erma Snook, Thomas & Dolores Wilson-Files, SKSR

**In memory of Pat Svendsen:** Betty Bostrom, Phil & Georgia Elvrum, Linda & Dwight Fruge, SKSR

**In memory of Ray Witham:** Dave & Marlene Johnson, SKSR

**In memory of F. Jay Lapp and of Margaret King.** SKSR

### Welcome New Members:

Ballard, Christine, 18320 Hurst Rd Apt 204, Lynnwood, WA 98037 [cballard@olympen.com](mailto:cballard@olympen.com)

Cleveland, Theresa, 6018 190th ST SW, Lynnwood, WA 98036 [thejimtylche@msn.com](mailto:thejimtylche@msn.com)

Hardie, Victoria, 9917 Kenwanda DR, Snohomish, WA 98296 [viklh@comcast.net](mailto:viklh@comcast.net)

Hodges, Jane, 22931 Drive SE, Bothell, WA 98021 [jane.hodges77@gmail.com](mailto:jane.hodges77@gmail.com)

Hubbard, Kendall, P O Box 10, Clinton, WA, 98236 [hubbardk@whidbey.com](mailto:hubbardk@whidbey.com)

Johnston, April, 19226 46th Ave NE, Lake Forest Park, WA 98155 [sorenandtova@msn.com](mailto:sorenandtova@msn.com)

Keating, Nancy, 7211 176th ST SW, Edmonds, WA 98026 [barnanshea@comcast.net](mailto:barnanshea@comcast.net)

Lavell, Theresa, 1009 3rd St, Mukilteo, WA 98275 [lavell.dadole@comcast.net](mailto:lavell.dadole@comcast.net)

Ligneau-Kolstoe, Christine, 16816 107th, Redmond, WA 98052 [ckolstoe@gmail.com](mailto:ckolstoe@gmail.com)

McManus, Carolyn, 20422 33rd Ave NE, Lk Forest Pk, WA 98155 [carolynsmcmanus@yahoo.com](mailto:carolynsmcmanus@yahoo.com)

Miller, Martha, P O Box 7, Edmonds, WA 98026 [mssmarti16@yahoo.com](mailto:mssmarti16@yahoo.com)

Spayd, Laura L, P O Box 6032, Edmonds, WA 98026 [lspayd1939@outlook.com](mailto:lspayd1939@outlook.com)

Webb, Cathy, 8820 240th ST SW, Edmonds, WA 98026 [clmwebb0810@gmail.com](mailto:clmwebb0810@gmail.com)

Whipple, Carolyn, 3230 NE 204th, Lake Forest Park, WA 98155

## February 20 “Heart” Meeting



*Ron Adkins*

Insights from an organ transplant recipient, a great raffle, and conversation with other members, were all a part of what happened at our general membership meeting in February. Connie Bradley was the chairman of this event and introduced our speaker, Ron Adkins, who had had a heart transplant about 12 years ago. He spoke about this experience, and the organization he helped start called Transplant House. This group provides affordable rent in apartments near the hospital for families of people who are awaiting and/or having transplants. We were able to raise \$100 through our raffle, which was then donated to this cause. Linda Fitzgerald spoke of her experience as a family member of someone who has received a transplant. Marlene Johnson and Barb Smith organized the treats and coffee.



*Linda Fitzgerald*

### NORTHWEST - 1

March 3, 2014, found eight members of SKSR going up to Mt. Vernon for the Northwest 1 Regional meeting. NW - 1 consists of units from Sno-King, Sno-Isle, Skagit/Island/San Juan, and Whatcom County. Each of the presidents reported what had been happening in their local units. Reports from the state committees were given as well. Of special interest, was the Legislative report given by Tim Knopf, NW-1 State Legislative Committee Representative. A summary of this information can be found in the legislative section of this newsletter. A special “thank you” to Barbara Berg for serving on the State Outreach Committee. We were introduced to Bill Bergsma, candidate for President Elect of WSSRA for the coming year. Ed Gonion, WSSRA executive director, and his wife, Diane, were there from the State Office. He shared with us insights from the main offices in Olympia.

### DID YOU KNOW THAT?

- Washington State School Retirees Association is 18,114 strong with 108 members pending. Thanks to our two lobbyists in Olympia, we do have a voice!
- There is a wealth of information at the state website [www.wssra.org](http://www.wssra.org) including the newest benefits from AMBA (Association Member Benefits Advisors). The two new benefits are MyAMBADining.com and Road Scholar (which was previously known as Elder hostel.)
- As a part of WSSRA, we were able to raise the minimum alternative payment for Plan 1 retirees (with 30 years) from \$1200 to \$1545. This helped 2000 members in our association.

#### IN MEMORIAM

Bonanno, Eleanor J, 1/23/2014, Edmonds School District  
 King, Margaret A, 1/17/2014, Edmonds School District  
 Lapp, Jay F, 2/19/2014, Edmonds School District  
 Svendsen, Patricia C, 12/31/2013, Edmonds School District  
 Short, Robert A, 3/18/2014, Shoreline School District,



## THE SPOTLIGHT IS ON BETTY ODLE



Betty Odle has been a mainstay in the Sno-King School Retirees. She was a teacher in the Shoreline School District for many years. She has served on the SKSR Board since its inception in 1977. She was president for two years from 1984-1986 and chairman of the State Retirement Planning Committee. For as long as I can remember, she has been chairman in the kitchen and at the picnic. Every luncheon finds her in the giving directions in the kitchen and using her creative hands to put decorations on the table. Betty attended all WSSRA Conventions being honored there for her years of service with the prestigious Patrick T. Hoban Award. Several years ago at one of the conventions, she and Frances Peters wrote a little newsletter summarizing what went on at the first session of business and distributed it to all the delegates.

### Sno-King Legislative News, April 2014

The Washington State Legislature adjourned its regular session on March 13, 2014. No reductions were made to retiree health benefits and the state's pension system was unchanged. The state paid the full recommended amount into the pension system.

We can, therefore, breathe a little easier. But that is not to say we can rest. We must remain strong and vigilant. There are still some legislators who would like to change pension plans to a 401K system. There is much talk from the Republican Senate to change pensions to a 401K program and reducing/eliminating the Medicare eligible subsidy to our health care benefit. Because the House stood firm, those things did not happen this session. There is an election coming up in the fall. The results of that election will have an effect on our future pension and benefits. If there is a Republican majority in the House next fall, we could be facing tough times.

Facing elections this fall will be all the members of the House and half of the Senate. May 12 is the scheduled date for candidates to file with the Secretary of State office in Olympia. More information about candidates will be available with the next SKSR Bulletin.

The State Supreme Court has not issued its ruling on the COLA and Gain Sharing case, which were heard in November. We are waiting!



To locate a classroom course near you call 1-877-805-1288 or visit [www.aarp.org/findacourse14](http://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](http://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.

## Healthy News

Dr. Gary Reul, Ed.D.

### Stronger Bones

Just a few years ago, the formula for women concerned about strengthening their bones and steering clear of osteoporosis was to get regular bone mineral density checks and take a daily calcium supplement once they reached menopause. And if they had even mild bone loss, they were prescribed bone-bolstering drugs. But things have changed. Researchers now know more about what keeps bones strong and what doesn't for both men and women.

For example, we now understand that bone density is only one of many factors that determine bone strength. And while some people need supplements and medications to reduce their risk of breaks, others can protect their bones through tweaks to their diet and exercise routine, and by keeping close tabs on several other conditions that affect bone health. Many physicians thought osteoporosis could be prevented by catching low bone density early and treating it with medication. It was expensive, and there are risks to using the medications for a long period of time. Here's what you can do right now to keep your bones strong and healthy.

**ONE** - Talk with your physician about using the Fracture Risk Assessment Tool, or FRAX, which can estimate your 10-year risk base on bone density and other measures. According to updated guidelines, women should have their bone density checked at age 65; men at age 70. Women younger than 65 and men ages 50 to 69 should consider it if they're at higher risk for fractures.

Beside age, factors that increase our risk of fractures include a family history of osteoporosis, taking medication that affects bone health, being very thin, smoking, and consuming excessive amounts of alcohol (no more than one drink for women and two for men).

**TWO** - If you've received a diagnosis of heart disease or heart failure, or you've had a heart attack or a stroke, get your fracture risk evaluated using a bone scan and the FRAX calculator. Those with heart problems are more likely to have a higher risk factor for breaking a hip.

**THREE** - Strive for at least 30 minutes a day of physical activity, even if it's just a brisk walk. Exercise that puts pressure on your bones can maintain them. Some examples of weight-bearing exercises include weight training, walking, hiking, jogging, climbing stairs, tennis and dancing.

**FOUR** - A diet that promotes strong bones starts with plenty of calcium, of course. You can get most calcium that you need by eating at least three daily servings of dairy or calcium-fortified food, such as orange juice or soy milk. Generally you are better able to absorb the nutrient from food than from pills. Excess calcium from supplements can be harmful, causing stomach upset, constipation, kidney stones, and possibly even an increased risk of heart attack. Check with your physician for the proper amount of calcium for you.

**FIVE** - Make sure your meds aren't bone-sappers. Several types of common medications have been linked to bone loss, including aluminum-containing antacids such as Maalox and Mylanta; antidepressants, and stomach protectors like Nexium or Prevacid. The worst offenders are: prednisone, Avandia, anticancer drugs, hormone-agonist leuprolide (Lupron) and anticonvulsant drugs.

**SIX** - Keep tabs on your height. An estimated 80% of people at the highest risk for fractures aren't identified and treated. That's because aging bones, particularly in the spine, are vulnerable to "silent fractures," or breaks that aren't painful and cause no noticeable symptoms. One of the first clues is a loss of height or a slightly stooped posture. So after age 50, have your height measured when you visit your physician. He or she should also check to see if your spine is curving forward. And contact your physician if you experience sudden, unexplained back pain that doesn't resolve in a few days, because that could be a sign of a fracture in your spine.

**SEVEN** - If you've been told you have osteopenia - or mild bone loss - but your FRAX score shows that you're at low risk for fractures, you probably don't need a drug treatment. Its benefit won't outweigh the potential harm. Instead, focus on diet and exercise to keep your bones strong.

Source: [Consumer Reports On Health](#), Volume 26 Number 1, January 2014

**OBITUARIES for Pat Svendsen and Ellie Bonanno**

Patricia (Pat) Collins Svendsen passed away on December 31, 2013. Pat was the second President of SKSR in 1978-79. She held many positions on the SKSR board. She was an originator of our SKSR summer picnics, which were held at her home on Martha Lake. She had a friend prepare meatballs, which are now a picnic tradition. Over a thirty-year career with the Edmonds School District, Pat was a teacher at the old Edmonds High School, a teacher and counselor at Lynnwood Junior High and a counselor at Woodway High School. In lieu of flowers, donations can be made to the scholarship funds of the Sno-King School Retirees and the Edmonds School District #15 Alumni Association.

January saw the loss of long time SKSR member, Ellie Bonanno, who was taken from us suddenly as a result of an auto/pedestrian accident. Ellie had been a member of SKSR since her retirement in the early 90's from the Edmonds School District. She held many positions in the following years. She was co-President from 2004-2006. In 2006, she became a member of the WSSRA Legislation Committee, and continued in that job until 2013. She had been on the Scholarship Finance Committee since it's inception in 2004. I'm sure there are many of you who remember getting a call from Ellie inviting you to attend a luncheon or some other function. She knew how to use that phone!! There are several of us who can credit our involvement in SKSR to Ellie and her persuasive ways. We will miss her, not just because she was an active member, but because she was a kind and caring friend who touched the lives of those of us privileged to know her.

**Despicable Scam Aimed at Seniors**

A most insidious scam is now happening via the telephone. It is aimed primarily at Seniors but anyone could be caught. The scam is targeted at those whose short term memory is poor. The caller will identify himself, usually as a salesman, and remind the senior that they talked a few days/weeks/months ago about a job needing done, a subscription to a magazine, a down payment on a trip, etc. and remind the senior that they have not received their down payment, confirmation, etc. Since many people do not like to admit that they have no recollection of the call, they are quite likely to go along with the scam.

Information about this scam should be passed along to any senior you know who is having trouble with short term memory.

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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 April 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, April 28** call

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

### **Mailing Address Changes:**

Bickford, Marcia, 9508 Edmonds Way Apt 110, Edmonds, WA 98020

Barancheau, Nancy, 6520 23rd Ave NE Apt 103, Seattle, WA 98115

Capelle, Connie, 1415 1st ST, Wenatchee, WA 98801

Erickson, Viola, 12507 Greenwood Ave N Apt 412, Seattle, WA 98133

James, Thomas, 2031 187th Pl SE, Bothell, WA 98012

Macrae-Sawyer, Judith, 13532 Ashworth Ave N, Seattle, WA 98133

McCollum, Donna, 11315 Beverly Park Rd, Everett, WA 98204

Rodrique, Thomas, 10501 8th Ave NE,  
Seattle, WA 98125

Steenstra, Catharine, 732 Haven Pl, Camano  
Island, WA 98282

### **E-Mail Changes**

White, Carolyn

[car2olyn31@gmail.com](mailto:car2olyn31@gmail.com)