

Sno-King School Retirees



April 2001

The SKSR Bulletin

A message from our president

The Legislature in action (or 'inaction?')

by Jack Rogers, 206-367-7153

If it weren't for the fact that our representative democracy is the best form of government to be created by humanity, the frustrations with the system would be almost intolerable. It's slow, ponderous, subject to abuse and sometimes difficult to fathom. But, as Winston Churchill said, "It's the best to come along so far," so it's probably a good idea to learn to work within the system. I keep telling myself this when we meet continuing obstacles to gaining improvements for retirees.

For the first time in my memory, the Washington State School Retirees Association has drafted and submitted potential legislation. This session saw our proposed bills entered and elected legislators signed on as sponsors. This is what our association should be doing on a regular basis. This is one reason we are paying dues to a state organization. As an organized group, we should be continually seeking every legal avenue including legislation, litigation, initiatives and anything else we can think of to achieve our goals. I am pleased to see our state organization taking the lead in these areas.

I know that we must be patient with the process. It will probably take several legislative sessions to educate elected officials about our concerns and to gain their support. Recently, I contacted some legislators about our pension bills and was told that they had little chance this time of passing because "they cost money—big money." This response only tells me we haven't done enough to inform our elected leaders because what we have been seeking doesn't cost the government anything. In fact, some of our legislation actually helps the state pay off some of its indebtedness. Oh, well, this just tells us what our future tasks should be.

In February and early March we held a very successful retirement seminar with over 150 prospective retirees in attendance. This

see **PRESIDENT** on page 7

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YOU'LL FIND INSIDE

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SKSR 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.

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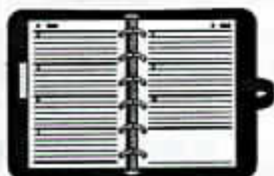
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MARK YOUR DATEBOOK

Coming Events for Sno-King School Retirees

April 19 Scholarship Luncheon
Edmonds Universalist Unitarian Church
Debble DiMitre, "Sarah Boren Denny"

May 17 Luncheon with Sno-Isle, 12:00
Mill Creek Country Club
Penny Creek Elementary Music Students

June 21 General Meeting, 1:00

July 19 Annual Picnic, 11:00
Kenmore Park

Scholarship Luncheon April 19

The Edmonds Universalist Unitarian Church will again host the annual scholarship luncheon on Thursday, April 19. Food, music and friendship will be in abundance as we get together to help provide assistance to our scholarship fund (\$5 meal donation).

This luncheon will provide you the opportunity to meet the winners of our 2001 scholarships, which are given to graduating seionrs from the Edmonds, Shoreline and Northshore school districts who plan to major in education.

The talented Debbie DiMitre will also entertain luncheon-goers with her presentation of *Sarah Boren Denny*, one of Seattle's pioneer women.

Please mark your calendar and plan to attend this luncheon. It will start at noon at the Edmonds Universalist Unitarian Church, 8109 224th SW, Edmonds. If you're not familiar with it, it's located just west of Highway 99 on 224th SW (K-Mart).

Head west from the light at 224th and Highway 99, go through the blinking red light and continue about a mile. The driveway will be on the right, and the church sets down below the road. If you get to a stop sign, you missed it—turn around and go back!



Scholarship contributions welcome

While we will be accepting scholarship contributions at our luncheon, you can feel free to send in scholarship monies at any time. Simply fill out the form on page 2 and mail it to SKSR. We'll process the funds and acknowledge your contributions.



55 Alive

AARP's *55 Alive Mature Driving Class* is a refresher course teaching preventive measures that save lives when driving. Pay \$10 materials fee to AARP instructor at class time. Participants register through Edmonds Parks and Recreation, 425-771-0230. Possible discount on auto insurance. Classes meet 9 AM to 1 PM at the Anderson Center, 700 Main Street, Edmonds. For alternate dates and locations, call Bob Jones at 425-787-2727. Note that the class is a two-consecutive-days class, which can be selected during the month of your choice.



2000-2001 dates

May 2 and 3
June 6 and 7

Health tips for you

Creaking and checking to stay healthy

by Gordon Bowers, health chair, 425-778-9202

JOINT REPLACEMENT

Each year, about 500,000 people in the United States have joint replacement surgery, even young athletes. Hip and knee are the most commonly replaced joints, but shoulder, elbow and finger joint replacements are common. Though the first hip and knee replacements were attempted as early as 1890, total replacement of the hip was pioneered in the 1960s and the knee in the 1970s. In the early days, stainless steel was used to make the joints, but in the last few years cobalt-chromium, titanium and steel alloys have been used along with bone cement for longer life of the joint.

Why do our joints fail anyway? They are formed by two or more bones connected by thick tissues, with the bone ends covered with a smooth layer of cartilage. Most joints are also enclosed in a fibrous capsule, which is lined with tissue called the synovium that lubricates the joint to reduce friction and wear. This super protected part of the body should never wear out, but most damage is done by the degenerative diseases such as osteoarthritis, rheumatoid arthritis, fractures or ligament injuries and activities such as work exercise, recreation, etc.

The younger and more active you are calls for delaying joint replacement because the artificial joint will usually last only 10 to 15 years, and you might end up with several replacements, each more difficult. Hospital stay is usually about five days, and they the patient will need follow

up therapy and will have to take antibiotics before dental work, urinary catheterization or surgery of any kind.

Some patients have both knees or hips done at once, others one at a time, depending on how badly worn and hurting they are. My wife had one knee done in 1993, went on to world travel and then had the other done five years later. She walks normally today. Information from the *Mayo Medical Essay*, February 2001.

BONE SCAN SCREENING FOR OSTEOPOROSIS

Northwest Hospital, 1550 North 115th, Seattle, urges women from age 20 up to take a simple test—place a bare foot in a small ultrasound box. The heel bone is scanned by ultrasound to give an estimate of bone density.

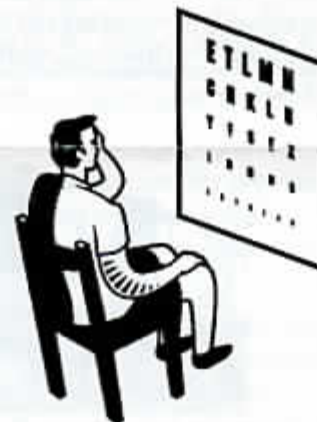
The test is quick and simple according to Dr. Robert Goiney, hospital radiologist, and helps primary care physicians monitor bone loss after maximum bone density at about age 35. Getting a good start on treatment can forestall osteoporosis and problems of weak, brittle bones that are prone to fracture.

Any woman over age 20 who has not been previously diagnosed with or is not currently being treated for osteoporosis is eligible for a free screening. For an appointment, call 206-633-4636, Monday through Friday, 9 AM to 4 PM.

GLAUCOMA

What you don't know can hurt you. Some people who have glaucoma don't even know they

have it because there is no pain, no blurred vision, no eye irritation or other symptoms. The test for glaucoma is an eye exam by an ophthalmologist, and it should be checked every three to five years if you are over age 35, according to Dr. Behrouz Pironzkzir, MD, of the American Academy of Ophthalmology. He advises those over age 60 with a family history of glaucoma or diabetes to be aware of one type of glaucoma that does have symptoms: sudden blurred vision, eye pain, headache, rainbow around lights, and if with nausea or vomiting, see an ophthalmologist right away. Finding and treating glaucoma early is important to prevent blindness.



During an eye exam, your ophthalmologist will measure your eye pressure and look at your optic nerve for signs of damage and may use eye drops to enlarge the pupils of your eyes for the test. These procedures are painless. Glaucoma can be treated with eye drops and pills taken daily, by laser surgery or regular surgery. Check your medical supplement—the exam may be covered.

see HEALTH on page 7

Traveling with Terri

The Maritime Provinces

by Terri Malinowski, travel chair, 425-483-8344

I've mentioned this travel idea before, but it bears repeating. A delightful destination for spring, summer or fall are the Maritime Provinces of eastern Canada where the driving is easy and you are never far from marine vistas. The provinces encompass Nova Scotia, New Brunswick, Prince Edward Island, Newfoundland and Labrador.

In the spring, there are blossoms and blue skies. Summer produces sunny landscapes, wild blueberries, strawberries and festivals too numerous to enumerate. In September and October, the fall colors are magnificent, and the warmth lingers on while the crowds diminish.

Accessing the Maritimes is as easy as your nearest airport or train depot. Rail aficionados can travel from the Northwest to the Northeast by Canadian rail, perhaps picking up a rental car in Montreal or Quebec City. Follow Canada Highway #2 from Quebec into the first Maritime Province of New Brunswick.

In New Brunswick, seasonal festivals include those celebrating salmon in June, lobster in July and chocolate in August. The largest Irish festival in Canada occurs in mid-July, drawing Irish groups from around the world. The Fundy Coastal Drive along New Brunswick's south shore leads to Campobello Island,

where former President Franklin Roosevelt's elegant summer cottage and grounds form an international park just 1.4 miles inside the Canadian border.

Continue on the coastal drive and visit Fundy National Park, featuring rare birds and a heated saltwater pool. The drive provides evidence of the astonishing tides which characterize the Bay of Fundy. Called the highest tides in the world, they actually reverse the flow of the mighty St. John River twice daily and create Reversing Falls at the river's mouth. Another route, the Acadian Coastal Drive, follows the province's northeast coast. Visitors can tour the Acadian Historical Village at Caraquet, the oldest Acadian settlement.

Enjoy rustic inns or bed-and-breakfast homes throughout the Maritime Provinces. In New Brunswick, if you prefer city stays, sample the capital at Fredericton, Canada's oldest city of St. John, or bicultural Moncton where the natural wonders of the Tidal Bore and Magnetic Hill will fascinate you. At the latter, you can sit in your car with the ignition turned off and experience the phenomenon of coasting uphill backwards!

Another route into the Maritimes can be a flight from Seattle to Boston or Halifax, picking up a rental car in either

city. Drive aboard large car ferries (some with gambling casinos that operate after the ship clears the coastline) from Portland or Bar Harbor, Maine to Yarmouth, Nova Scotia. Or simply continue up the Maine coastline on I-95 until it crosses the Canadian border and turns into New Brunswick Route 95. From New Brunswick, follow local highways to sample small-town flavor before crossing into Nova Scotia at Amherst.

(We chose an economical flight to Boston, a leisurely drive up US Highway #1 to Bar Harbor, ME, and a trip aboard the Marine Atlantic ferry "Blue-nose" to Yarmouth, NS. But first, we spent an extra day in Bar Harbor in order to visit nearby Acadia National Park.)

In Nova Scotia, the cultural emphasis switches from French-Canadian to Scottish-Gaelic. You'll hear the skirl of bagpipes and adjust to the lilt of the spoken word. Some special events in Nova Scotia are the International Gathering of the Clans, Antigonish Highland Games and the Nova Scotia Tattoo.

see TRAVEL on page 6

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Our membership chair speaks **CHANGE MONTHLY**

by Don Denton, 425-787-7881

Another big THANK YOU to those who have asked non-members to join. It may seem insignificant to you, but taken as a whole, it truly helps our organization.

When you see a former colleague at the store or lunch or wherever, ask if they belong. Tell them that our only purpose is to improve the retirement of all former school employees. And tell them we have an office staff and two lobbyists working hard for them in Olympia right now. For only four dollars per month, they can help.

Call me if you need a membership form sent.

The \$46,000 cost of my mother-in-law's Alzheimer's facility last year was mostly paid by her long-term care insurance.

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Don Denton

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TRAVEL from page 5

Spend a day or two in one of North America's great ports, Nova Scotia's beautiful capital of Halifax. The city, established in 1749, is also home to the Canadian Navy, so seafaring exhibits and museums abound. Citadel Hill, overlooking the city and port, is topped by a large, star-shaped,

SKSR BULLETIN BOARD

GARDENER INFORMATION

Every Wednesday is Senior Day at Sky Nursery. To honor their senior gardeners, they offer a 10% discount on all regularly-priced store merchandise and plants. Sale items, bulk delivery and gift certificates are not included. I think Molbak's Senior Day is Tuesdays, also offering a 10% discount.

submitted by past president Rita Requa

CAPTURE THE WORLD VIEW!

A call for volunteers at the Seattle International Children's Festival May 14-19 at the Seattle Center and May 21-22 in Tacoma. Usher audiences into performances from Japan, India, Netherlands, China, Hungary, England and US. Help kids learn and have fun in Discovery Centers.

call Nora 206-386-1971 or email kidsfest@seattleinternational.org

NEWS OF A SNO-KING FAMILY

Bill & Elaine Reiss are enjoying their new house in Eugene, custom built to accommodate Bill's jewelry making hobby/business. There are lots of craft people nearby that they enjoy. Also, their daughter Kay and hubby Rich live just down the street. Bill was a teacher at Jane Addams Junior High (1950), with some of the rest of the Shoreline survivors. He was principal at Morgan Junior High, assistant superintendent/business affairs, etc. We miss Bill and Elaine! Their address is 3578 Korbel Street, Eugene, Oregon, 97404.

stone fortress dating from 1828 and used as a military base until after World War II. The Citadel is one of Canada's most famous historic sites and is staffed as if it were a working fort of the 1800s. Hear the boom of the noonday cannon and watch the pageantry of the 78th Highlanders as they drill on the parade ground.

Near Halifax is probably North America's most-photographed village, Peggy's Cove. Another visitor favorite is the pretty fishing village of Lunenburg. Continue through Nova Scotia to Cape Breton Island, where the landscape and dialect will take you back in time. And don't pass up the province of Prince Edward Island. Spring on PEI is lovely, but the fall colors are magnificent, and the driving is easy. A Northumberland ferry from Caribou, NS, crosses to Woods

Island, PEI, in 75 minutes. A delightful highway wends to Charlottetown, the provincial capital and the birthplace of Canada, so called because the Fathers of Canada first met here to establish the new dominion.

Continue on to serene villages like North Rustico, Anglo Rustico, St. Eleanor's or Cavendish (home of Anne of Green Gables lore) and stay at a country inn. Stay for the Charlottetown Festival and see the annual production of Anne of Green Gables. The house, lanes and memorabilia of Lucy Maud Montgomery's novel will please those who enjoyed the novel decades ago or saw the PBS series a few years ago. As the novelist herself promised, "walking the shores or the winding red roads on a summer twilight...you will find your soul then."

Travelers can continue to Newfoundland via ferry from

North Sydney, NS, during the summer. This land of somber beauty has a human history dating back 9,000 years. The annual Humber Valley Strawberry Festival and the Hangashore Festival bring together the diverse cultures of these rugged coasts.

But if your time in the Maritime Provinces has run out and you need to return to the US mainland, drive up Prince Edward Island to Borden and travel the soaring bridge that opened in 1997, linking PEI with New Brunswick.

PRESIDENT *from page 1*

was the first time we have held the seminar with only Northshore, Shoreline and Mukilteo. The Edmonds School District held its own this year.

Our April meeting scheduled

for 19th at Edmonds Unitarian Church will be our second scholarship fundraiser. It will be a potluck lunch with a \$5 fee going to support our scholarship program. This year we plan to award three scholarships instead of two. Debbie DiMitre will be our entertainment, presenting a one person show dramatizing the life of Louisa Boren-Denny, Seattle pioneer.

Our State Conference will be held this year in Wenatchee, June 4-6. Sno-King is entitled to take 28 delegates, and we are looking for people interested in attending. If you can make it, your room, most meals, transportation and registration are paid by our Association. Attending is a good way to find out what our state organization is doing and to help shape its future direction. Contact me before April 14th if you can go.

HEALTH *from page 4*

MORE ON DEPRESSION

Please read *NRTA Bulletin*, February 2001 issue, pages 14-16. Author Peggy Eastman offers wiser diagnosis, better treatment and new hope for those suffering from depression. She lists 10 warning signs: 1) Feeling guilty, worthless, empty, unloved, hopeless. 2) No longer enjoying things. 3) Feeling very tired-out and lethargic. 4) Feeling nervous, restless or irritable. 5) Unable to concentrate. 6) Crying frequently. 7) Sleeping more or less than usual. 8) Eating more or less than usual. 9) Having persistent headaches, stomach-aches or pain. 10) Thinking of death, especially suicide. The recommendation is to get help if five or more of the above symptoms occur for at least two weeks. See the article for help.

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HELP US WITH INFORMATION TO PUT IN THE BULLETIN

The deadline for the next newsletter is **Monday, April 16.**

Send news and other materials to

Jo or Bruce Caldwell, PO Box 1117, Edmonds WA 98020, WMEAoffice@aol.com. fax 425-776-1795, phone 425-778-9390.
 Please send TRAVEL news to Terri Malinowski, 15341 158th Ave NE, Woodinville WA 98072, terrim@accessone.com, 425-483-8344.

Please send us news about other members as well as about your activities.

If you know of illness, please call Sunshine Co-Chairs, **Gayle Bromley** (206-364-1314)
 or **Frances Peters** (206-361-8594) or call past president **Rita Requa** (206-362-5220).

To help with mailing our next **Bulletin** on **Wednesday, April 25**, call **Betty Odle** (206-525-8276),
Ellie Bonnano (425-778-0751) or **Ruthann Warren** (206-367-0742).

The Changing Scene

CHANGE OF ADDRESS

- | | | |
|-------|-------------------------|--|
| Pg 4 | <i>Edward Bergsagel</i> | 3710 Providence Pt Dr SE, Apt 114, Issaquah 98029-7230 |
| Pg 12 | <i>Kristine Eubanks</i> | 22206 88th Ave W, Edmonds 98026-8176 |
| Pg 12 | <i>Aaron J Feik</i> | 22931 Meridian Ave S, Bothell 98021 |
| Pg 15 | <i>John P Greenwald</i> | 308 E Republican, #210, Seattle 98102-4798 |
| Pg 23 | <i>Susan Loney</i> | 4009 40th Pl W, Mountlake Terrace 98043-3649 |
| Pg 34 | <i>Susan R Sallup</i> | 5550 NE Admiralty Wakaly, Hansville 98340-9743 |

NEW MEMBERS

- | | | | |
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| Pg 14 | <i>Donald Gleckler</i> | 23825 - 15th SE #57, Bothell 98021-8849 | 425-483-2084 |
| Pg 23 | <i>David A Little</i> | 6918 192nd St SW, Lynnwood 98036-5031 | 425-775-3794 |
| Pg 32 | <i>Gary J Rauen</i> | 11510 W Lake Joy Dr NE, Carnation 98014-6836 | 425-788-1195 |

DECEASED

- | | | | | | |
|-------|------------------------|------------------|-------|-------------------------|---------------|
| Pg 21 | <i>John E Kochrian</i> | February 9, 2001 | Pg 25 | <i>K. Jill Matthies</i> | February 2001 |
|-------|------------------------|------------------|-------|-------------------------|---------------|