

Sno-King School Retirees



April 2002

The SKSR Bulletin

A message from our president

Everything's Comin' Up . . .

by Bob Jones, 425-787-2727-bobjones@premier1.net

Roses and daffodils are coming up but so is much more. Sometimes I wonder how prophets felt when they knew what was going to happen and wondered when and how to tell everyone. Even more so right now because we are writing the articles for the April *Bulletin* during the first week of March! (Can you imagine?)

Even though the weather didn't cooperate for our February meeting, the choir and members of SKSR had a great time. Having two of my favorite groups joining together was fun, even if I did wear too many hats.

The Retirement Planning Seminars are over now. Feedback from the actives should be flowing in by now. We trust all is well with much helpful information gained, and as a side benefit, more new members for SKSR perhaps.

Sometimes the flow of information gets dammed up on the way, or it just doesn't sink in, but March 18-24, 2002, was the state's Appreciation Week for Washington State School Retirees. Did you enjoy it? The general public doesn't think of this, but as you all know the education team is more than teachers and principals. It really is inclusive of secretaries, nurses, administrative assistants, custodians, teacher assistants, counselors, therapists, psychologists, cooks, bus drivers, librarians and playground supervisors. I probably forgot the most important one for you, but if any one of us changes the life of a student even a little, it is well worth it. "Thank you" can never be big enough or expressed often enough in this day and age.

Bob Jones, President
Jack Rogers, Past President/Legislative
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Donna Murrish, Directory
Gordon Bowers, Health Services
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Ruth Woodward, Member Services
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Marilyn Alaniz/Marlene Johnson, Hospitality
Rachel Lake, Mailing
Ellie Bonanno/Ruthanne Warren, Phone
Linda Fitzgerald/Keith Lindaas, Scholarships
Mary Ellen Gardiner, Scholarship Correspondent
Gayle Bromley/Fran Peters, Sunshine
Jo/Bruce Caldwell, Bulletin Editors

see PRESIDENT on page 5

YOU'LL FIND INSIDE

President's Message 1
 Calendar of Events 2
 Legislative Report 2
 Scholarship Luncheon 3
 Health Tips 4
 Membership 6
 New Member Forms 7

Legislative report

There has been some progress made

by Jack Rogers, legislative chair

Legislative issues from WSSRA received a hearing in February. This is the first time in quite a while that our legislative priorities have made it beyond the bill introduction phase. According to Leslie at our Olympia office, the hearings went well.

Our issues deal with governance of the pension fund, gains sharing and raising the minimum for pension distribution. But, since politics is the art of compromise, there will probably be modifications to our proposals before any hope of passage occurs. Our priority bill, HB 2917, deals with revamping the pension board to allow membership representation.

But sharing power is always a tricky concern and will in all likelihood be in for some major change. However, we finally have the attention of legislators and are receiving some consideration. This is a positive sign. For more recent updates, check out the message line at 1-800-221-1269 or the website at www.wssra.org.



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MARK YOUR DATEBOOK

Coming Events for Sno-King School Retirees

April 18 Scholarship Luncheon
Edmonds Unitarian Church
Champion Junior Ballroom Dancers

May 16 Joint Meeting with Sno-Isle
Everett Golf and Country Club
Penny Creek Elementary Singers

June 20 General Meeting
Edmonds Educational Service Center
20420 68th Avenue West, Lynnwood
Bronn Journey

July 18 Picnic
Kenmore Park

Welcome new retirees

SKSR Board Meetings
1:00 PM, Edmonds SD ESC
20420 68th Ave W, Lynnwood
Everyone welcome!

April 11 May 9 June 13

Scholarship Luncheon—April 18, 2002

What?

Where?

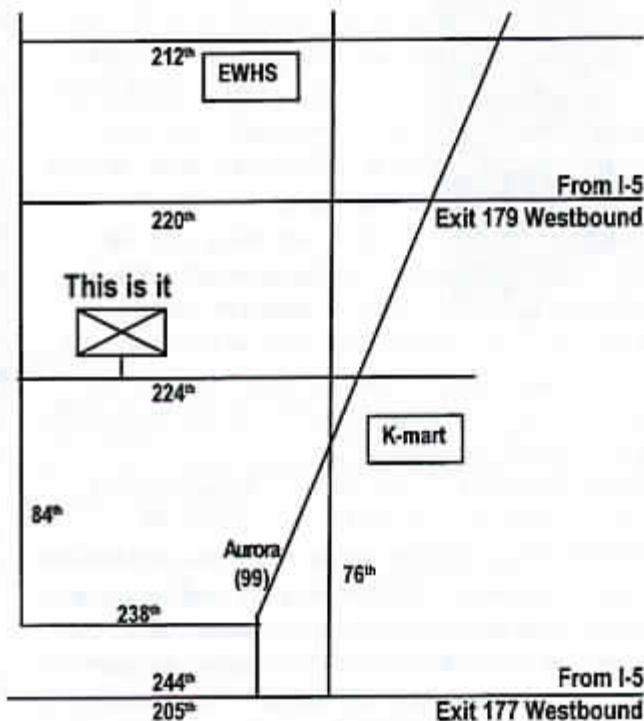
We hope that you and your friends will join us for our Spring Salad Luncheon at Edmonds Unitarian Church, 8109-224th SW, Edmonds, at noon on April 18. Following the luncheon we will be entertained by Champion Junior Ballroom Dancers—this should be a special treat. The money from the \$5.00 donation for the luncheon goes to our Scholarship Fund.

We need to have reservations for the luncheon. Please call Cheryl Bickford (206-363-2731) or Betty Odle (206-525-8276) by Monday, April 15. If you would like to contribute a salad, rolls or cookies, let Cheryl or Betty know when you make your reservations.

If you are unable to attend the luncheon but would like to support the scholarship fund you can make a donation using the form below.

This would be a great time to invite some of your retired friends who have not yet joined our association. There will be lots of good food, and the entertainment should be lots of fun.

Edmonds Unitarian Church
8109 224th SW



How can I help?

SCHOLARSHIP FUND

Remember, we will take donations to the Scholarship Fund at any time. Simply use the form below to send a check and we will use the funds toward this year's scholarships.

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

Health tips for you The eyes have it

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

Age-related Macular Degeneration

A study published in the *Archives of Ophthalmology* (October 2001) reported that 3,600 people in the six-year study were divided into four groups. One took a daily dose of 500 mg of vitamin C, 400 units (IU) of vitamin E and 15 units of beta carotene. The second group took 80 mg of zinc with 2 mg of copper (protect from anemia). The third took a combination of one and two above. The fourth group was given a placebo.

You guessed it! Group number three participants had the best protection from progressive vision loss. Side effects for this group may have included anemia due to too-large doses of zinc, and the beta carotene might increase cancer risk for smokers, but the benefits far outweigh the side effects.

People with this disease (AMD) should consult with their ophthalmologist and regular doctor on the advisability of using these drugs. More tests are needed for the prevention of AMD, which is a leading cause of blindness. Just last month my wife, Edith, came home from her eye appointment with the vitamin supplement to slow macular deneneration (AMD). Ask you doctor. Source: *Mayo Clinic Health Letter*, March 2002, P 4.

Osteoporosis screening

This should be considered for younger women to start preventive therapy before they lose bone mass and risk fractures. Such screening can be done with portable scanners and are often scheduled at drug stores,

clinics or senior centers. They read bone density through an arm, heel or even a finger.

Osteoporosis is a problem under-diagnosed. Such neglect can result in bone fractures, pain, disability and loss of independence, and it can hasten death. About 10 million Americans, mostly women, have osteoporosis, and another 18 million have low bone density. Risk factors are old age, cigarette smoking, low body weight, family history of broken bones, race (Caucasian or Asian) or long-term arthritis cause by medications that rob the bones of density.

People who have normal bone density can take care by eating a balanced diet rich in calcium and vitamin D, exercising regularly and avoiding smoking.

Whole body medical screening

Have you had your screening today? It seems that every day we are bombarded with the necessity that we be screened for various frightening diseases—scanned with a portable hand-held device, good from head to toe, all ages. The cost is usually \$35 to \$45 for each body segment.

Now the medical profession is calling “whoa.” Studies by the Centers for Disease Control and Prevention recommend screening tests only for breast, cervical and colorectal cancers, high blood pressure and high cholesterol. Annual checkups aren’t needed according to Janet Allan, co-chair of the United States Preventive Services Task Force, and testing is not always the best preventive care. It’s more important that doctors ask the patient about poor diet, little exercise and risky sexual practices—all important health factors.

Testing for cholesterol should be every five years starting at age 35 for men and 45 for women. Blood pressure can be done free any time at most drug stores; hearing exams should be given from age 65 on, and in everyone younger when symptoms appear. Pap smears and mammograms should be done every year or two starting at age 50. And you thought your college tests were all you needed for a good life? Source: Associate Press article by Lauran Neergaard, *Everett Herald*, February 19, 2002, P. A1 and P. A6.

Men’s osteoporis

About one-third of all hip fractures happen to men, often due to osteoporis. The Mayo Clinic recommends that men get the right exercise and take calcium or vitamin D. Source: *Mayo Health Letter*, March 2002, P. 4.

**YOUR HANDY-DANDY MAN
AND AUTO BODY REPAIR**
is just a phone call away.

*I have several Edmonds district
employees as references.*

Call John Casebeer at 425-672-7087

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PRESIDENT *from page 1*

The March joint meeting with East King SRA (formally Overlake SRA) was fun, and informative. The upcoming April Scholarship Luncheon at the Edmonds Unitarian Church is most important for our fund raising for student scholarships. Besides, we always have great food, good fellowship and wonderful entertainment. John Baldwin (12) and Amy Baldwin (11) are Junior Champion Ballroom Dancers. They literally don't let any moss grow under their feet! John is an Eagle Scout at age 12, completing a huge Eagle Project, going to Philmont National Scout Ranch in New Mexico, and hopes to attend a World Jamboree in Thailand. He is planning to earn all 119 merit badges available. He is also on the swim team, does tae kwon do, plays violin and gets good grades in school. (I wonder if he ever sleeps.) Please let Cheryl Bickford (206-363-2731) or Betty Odle (206-525-8276) know if you are coming. We will also be awarding scholarships at that time. What an eventful meeting!

If you are watching the website, SKSR.org you will note that May 16th is another joint meeting with Sno-Isle SRA at the newly remodeled Everett Golf and Country Club (information coming later). Also, May 23rd is our annual Community Service Project, which this year will be the Edmonds Beach Park clean up with a small lunch afterward.

We currently have a list started of delegates to June's state convention in Pasco. All expenses except a few breakfasts are paid for by either the state or our own unit. Do sign up. It's a wonderful way to see and get involved with other retirees.

Well, that's all for now. I'm looking forward to seeing you all at the upcoming events. Be sure to keep checking out the website.



Visit the
Sno-King School Retirees
online at

www.sksr.org

Traveling with Terri

Terri Malinowski, our travel editor, is taking her own advice and was on a trip when the deadline was changed (advanced two weeks) for this issue.

The reason? Your editors, the Caldwells, took Terri's advice and finalized their vacation plans (and thus the early deadline) after Terri was already gone.

Look for her popular column to return in next month's edition of the *SKSR Bulletin*.

**April honors**

At our April meeting, we will honor Winnie Smith with an Honorary Life membership. She is a charter member of our Sno-King group and has been active serving on various committees and attending meetings. Winnie turned 90 this past December. Come join us and help us celebrate with her.

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Our membership chair speaks From shore to shore

by Don Denton, 425-787-7881—
dondenton@jps.net

Last month, I gave you the names of some recent Edmonds retiree non-members. This month, some **Northshore** and **Shoreline** non-members are listed.

Look for someone you know, ask them to join and then use the forms on the page 7 of this *Bulletin* OR call or e-mail me, and I will send them a membership form OR download a form yourself from our web site, www.sksr.org. There are different forms for actives (those still school-employed) and retirees. Mail completed forms PO Box 33962, Seattle WA 98133-0962.

Please follow through with this. We need the dues from ALL retirees to sustain our efforts toward improving our retirement system.



Northshore retired non-members

Jerry Anderson
Bob Boesche
Becky Clausen
Joyce Devier
Ted Freemantle
Paula Glandon
Louise Hatala
Linda Hess
Mike Hubbard
Al Lutz
Lwanga Lwanga
Linda McIntosh
Barb Oberg
Patricia Pierce
Patti Roberts
Barb Rumppe
Doug Sanford
Kathy Sanford
Cliff Sundin
Marcia Utela

Shoreline retired non-members

Kathy Agather
Tom Baumann
Louise Burke
Linda Crandall
Shirley Doman
Yvonne Freeman
Arlene Lowrie
Memilee MacDonald
Ron McRae
George Pappas
Tom Reynolds
Kathleen Rittenoure
Susan Ruuska
Lorene Schaffner
Rick Stenders
Alba Stevens
Gene Walkingshaw
Joan Watt
Jayan Westby
Darryl Zentner

WSSRA is

PRESERVING,

- maintaining your current health benefits
- safeguarding your COLA

PROTECTING,

- monitoring legislative and agency activities
- giving members a voice in their pension system

and DEFENDING

- improving plan 1 benefits
- reducing plans 2 & 3 retirement age

YOUR RETIREMENT BENEFITS



We will
achieve more
pulling together

Over time, Long Term Care insurance costs less when bought "young" than when purchased after age 69. The problem is that many people get "old" before realizing the value of the insurance.

Contact **Don Denton** for cost estimates.

(425) 787-7881 or dondenton@jps.net

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MEMBERSHIP CONNECTIONS

Invite your retired (or active) colleagues to join with us in improving retirees' economic positions. SKSR and WSSRA promote legislative issues to improve the financial status of retired school employees. No other organization is devoted exclusively to working for the welfare of retired educators.

SKSR also provides social connections and opportunities to interact with school retirees at the local level. Monthly meetings, a summer picnic and an annual legislative breakfast provide opportunities for renewing friendships and learning about retirement.

Take the form(s) below to non-members and encourage them to join with us in protecting our futures and enjoying getting together. A list of Edmonds School District retirees who are not members was in the March Bulletin. Northshore and Shoreline non-members are listed on page 6 of this issue. If you know anyone on any of the lists, please give him/her the form and personally invite him/her to join.



Membership form for school retirees

DUES DEDUCTION AUTHORIZATION FORM
WASHINGTON STATE SCHOOL RETIREES ASSOCIATION

Please Print or Type 4726 Pacific Ave SE, Lacey WA 98503-1216

Name _____ Local Unit Number—**23**
(LAST) (FIRST) (INITIAL)

Address _____
(STREET) (CITY) (STATE) (ZIP)

Retirement Plan: (CIRCLE) TRS 1 TRS 2 TRS 3 Phone _____

Month/Year of Retirement _____ S.S. Number _____

Name of Local Unit Sno-King Leg. Dist. _____ Cong. Dist. _____

I authorize the Washington State Department of Retirement Systems to deduct the following dues and any future increases as voted by the membership from my monthly retirement allowance and to pay such deduction to the Washington State School Retirees Association.

Should I wish to cancel ensuing deductions I will send a written notification of cancellation to Washington State Department of Retirement Systems and WSSRA.

DUES: State \$3.00 Local \$1.00 Total \$4.00 per month

Date _____ Signature _____

Membership form for current school employees

AUTOMATIC PAYROLL AUTHORIZATION FORM
WASHINGTON STATE SCHOOL RETIREES ASSOCIATION

Please Print or Type 4726 Pacific Ave SE, Lacey WA 98503-1216

Name _____
(LAST) (FIRST) (INITIAL)

Address _____
(STREET) (CITY) (STATE) (ZIP)

Retirement Plan: (CIRCLE ONE) TRS 1 2 3 PERS 1 2 3 SERS

Phone _____ S.S. Number _____

Name and Local Unit No. Sno-King Unit 23 Leg. Dist. _____ Cong. Dist. _____

I authorize School District # _____ (NAME) _____ and upon my retirement, the Washington State Department of Retirement Systems, to deduct the following dues and any future increases as voted by the membership from my monthly paycheck or WSDRS benefit check, and to pay such deduction to the Washington State School Retirees Association.

DUES: State \$3.00 Local \$1.00 Total \$4.00 per month.

Date _____ Signature _____



Sno-King School Retirees
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Seattle WA 98133-0962

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HELP US WITH INFORMATION TO PUT IN THE BULLETIN

The deadline for the next newsletter is **Sunday, April 14 (8:00 AM)**.

Send news and other materials to

Jo or Bruce Caldwell, PO Box 1117, Edmonds WA 98020, sksr@wmea.org, 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.

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

To help with mailing our next *Bulletin* on **Tuesday, April 23**, call **Betty Odle** (206-525-8276),
Ellie Bonnano (425-778-0751) or **Ruthann Warren** (206-367-0742).

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, contact Bob Jones at 425-787-2727 or bobjones@premier1.net. Note that the class is a "two-consecutive-days class," which can be selected during the month of your choice.



**Remaining
2001-2002
dates**

April 3-4

May 1-2

June 5-6