



RETIREED TEACHERS ASSOCIATION

APRIL 1988

BULLETIN

PRESIDENT'S MESSAGE

Our March meeting at the Shoreline Historical Museum was a success. About fifty of us enjoyed Barbara Monks' comments on the Museum and her excellent slides on the history of the area. Afterwards, we were free to wander through the three floors and explore the fine displays. If you were unable to attend, you are most welcome to visit on Thursdays through Sundays from 1 to 4 p.m. Telephone is 542-7111.

Again this year our Pre-retirement Seminars were very well attended. Pat Svendsen is to be commended for doing another fine job, and thanks to all her faithful cookie makers and helpers. So many teachers expressed their appreciation for these seminars.

Remember our Scholarship Luncheon on April 21 at the Edmonds Unitarian Church. Hopefully, our three scholarship winners and their parents will be with us. Jim Becker has a surprise program in store. If you haven't already signed up, please call in your reservation(s)--bring some friends with you. We will also vote on these officers who have been nominated for next year--Jim Becker, president; John Hunter, president-elect; Edie Kirkpatrick, secretary; and Gordon Roberts, treasurer.

Save Tuesday, May 17, for our luncheon with Sno-Isle in Everett.



See you at the April 21 luncheon,

Marion Bellows

CALENDAR OF EVENTS

- April 13 - 1:30 p.m. Board meeting at Kamilla Aarseth and Marvel DeSordi's
- April 21 - 12 noon Scholarship luncheon - Edmonds Unitarian Church
- May 11 - 1:30 p.m. Board meeting
- May 17 - TUESDAY Luncheon with Sno-Isle Unit - Jessie Schroeder, guest speaker.
Place: Mendels Motor Inn, 2800 Pacific, Everett - Noon

SNO-ISLE - SNO-KING LUNCHEON, MAY 17, MENDELS MOTOR INN, EVERETT (Reservations close April 30)

Please reserve (_____) places at the luncheon at \$7.40 each.

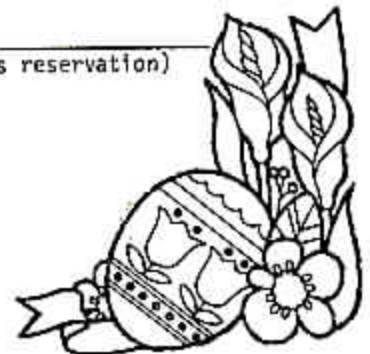
Enclosed is my check for \$ _____

Luncheon begins at 12 Noon

Signed _____

(Include names covered by this reservation)

Mail to: Sno-King RTA, P. O. Box 5253, Lynnwood, WA 98046 5253



LEGISLATIVE UPDATE Gordon Bowers, Sno-King Legislative Committee Chairman

The WSRTA Legislative Committee reports that though no WSRTA bills were passed WSRTA was active, alert, and did block some bills thought to be detrimental TO SENIORS.

Sno-King members completed a WSRTA request for a grass-roots list of prioritized concerns for the 1989-90 legislative session. Following are the results from the state-wide survey. Again, a COLA is of first concern.

WASHINGTON STATE RETIRED TEACHERS ASSOCIATION

LEGISLATIVE COMMITTEE

Survey Summary

ISSUES: Please rank top five (5) ONLY in order of importance.

	1 st	2 nd	3 rd	4 th	5 th
LIFELINE TELEPHONE = Continue	2	5	7	7	15
HEALTH INSURANCE SUPPLEMENT FOR RETIREES	8	33	47	43	49
NATURAL DEATH ACT	5	40	45	48	33
LONG-TERM CARE	20	61	65	51	49
INSURANCE = Regulation of Agents	4	23	15	16	35
RESPITE CARE = Statewide	2	10	24	33	26
CCRC = Certification	0	0	0	3	0
CHORE SERVICES PROGRAM	1	12	23	23	35
COST-OF-LIVING ADJUSTMENT	282	29	15	16	7
TAX REFORM	16	36	31	23	40
RENT STABILIZATION	1	8	8	11	3
HEALTH INSURANCE COST CONTAINMENT	7	93	63	63	35
TELECOMMUNICATIONS REGULATION	1	0	0	3	8
INSTALLATION/TRANSPORTATION/CITATION regulations for mobile homes	0	0	1	4	2
OTHER	1	0	0	0	0
TOTAL 350 350 344 344 337					

ONE MORE: With what organizations should we affiliate directly to coordinate the legislative effort for the senior citizen issues you listed above? Give us Number 1's ONLY, NO number 2's. We do support and cooperate with all of these groups.

of Organizations Marked on Each Response Sheet

<u>25</u>	NEA-R	<u>42</u>	WEA-R	0	1	2	3	4	5	6
<u>46</u>	WEA	<u>167</u>	NRTA/AARP	63	121	62	47	25	20	7
<u>133</u>	SENIOR CITIZENS' LOBBY	<u>17</u>	WASA	7	8	9	10	11	12	13
<u>11</u>	WSSDA	<u>8</u>	SPI	4	3	0	1	1	0	1
<u>6</u>	ESD's	<u>14</u>	AWSP							
<u>5</u>	STATE PATROL	<u>5</u>	LEOFF							
<u>55</u>	PERS	<u>6</u>	SAVE OUR CHILDREN							
<u>23</u>	ASSOC. OF UNIV. WOMEN	<u>30</u>	LEAGUE OF WOMEN VOTERS							
<u>30</u>	PEOPLE FOR FAIR TAXES	<u>63</u>	NONE							

350 Returns
3-11-88

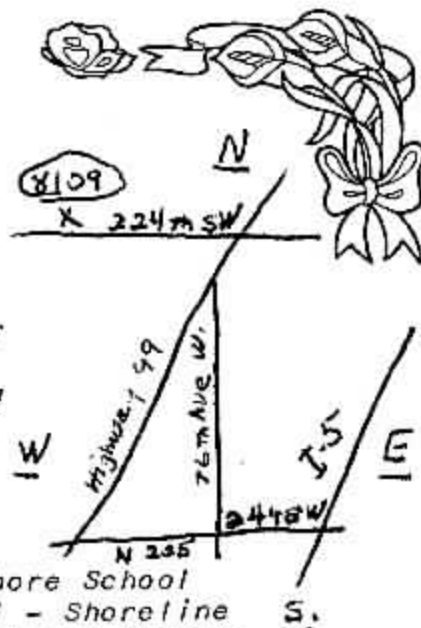
Please limit your choice of the above to that which our Association can afford and by which we as members can be helped in our twilight years. We are now directly affiliated with the Senior Citizens' Lobby (having a 22 organization membership) and the NRTA/AARP.

SCHOLARSHIP SALAD LUNCHEON

Our April 21st meeting will begin at 12 noon at the Edmonds Unitarian Church, 8109-224th SW, Edmonds. You will enjoy a delicious salad luncheon for a \$4 donation to the Scholarship Fund. Please call some of your fellow RTA'ers and urge them to join you at the luncheon - or better still invite a retired teacher who is not now a member of our Unit.

We do need to know an approximate number attending in order to have plenty to eat; so if you did not sign up at the last meeting, please call Cheryl Bickford, 363-2731 by Monday, April 18.

Scholarships will be awarded to three seniors: Alice Scroggins from Lynnwood High - Edmonds School District, Rob Porter from Bothell High School - Northshore School District and Milinda Hoffman from Shorewood High School - Shoreline School District. Presentation of the awards will be made by Frances Bolerjack, Scholarship Committee Chairman.



MESSAGE FROM BETTY PUCKETT, COMMUNITY SERVICE CHAIRMAN

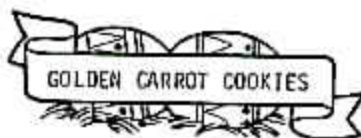
Our Pacific Science Center could use your help as a volunteer either in the exhibit area or behind the scenes. They provide on-the-job training and have flexible schedules. Ted Cox, their supervisor of volunteers would welcome your call. His phone number is 443-2868.

Also did you know - All Wednesdays are FREE Admission days for Seniors, 62 and older! You can't beat that admission cost and new exhibits arrive often.

HEALTH TIPS FROM HEALTH CARE COMMITTEE - Edie Kirkpatrick, Chairman

If you consume the largest proportion of your calories before 1:00 p.m., you will have less of a problem controlling your weight than if you consume the same number of calories after 1:00 p.m.

If you want to lose weight, you should try to eat 25% of your daily calories at breakfast; 50% of your calories at lunch; and leave only 25% of your calories for supper.



- | | |
|---|--------------------------|
| 1 cup shortening (part butter or margarine) | 2 tsp. baking powder |
| 3/4 cup sugar | 1/2 tsp. salt |
| 2 eggs | 3/4 cup shredded coconut |
| 1 cup mashed cooked carrots | Orange Butter Icing |
| 2 cups flour | |

Heat oven to 400° (mod. hot). Mix shortening, sugar, eggs, and carrots. Measure flour and blend with baking powder and salt into shortening mixture. Mix in coconut. Drop dough by teaspoonfuls about 2" apart on lightly greased baking sheet. Bake 8 to 10 min., or until no imprint remains when touched lightly. Frost cooled cookies with Icing. Makes 4 doz. cookies.

"ORANGE BUTTER ICING"

2½ Tbsp soft butter, 1½ c. confectioner's sugar, 1½ Tbsp orange juice, 2 tsp grated orange peel - blend until smooth. (This recipe of Ruth Westerhuls has been requested by a number of our members.)

NEWS ABOUT OUR MEMBERS

We are very sorry to report the death of our member Rudy Cebull. Rudy suffered a heart attack and passed away March 29. The funeral was held on April 2. Our deepest sympathy to his wife Marilyn.

Our best wishes to Paul Bolerjack for a speedy recovery from heart surgery.

Edie Kirkpatrick has been traveling - Arizona and then on to Virginia to visit her daughter and family and then all will vacation in Pennsylvania.

Gretchen Lay and her husband and granddaughter have been visiting her son and family in Southern California.

The Scholarship Fund has received a memorial contribution for Mildred Grimsrud.



Sno-King Retired
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