

SNO-KING SCHOOL RETIREES

NEWS

APRIL 1998

President: Dave Johnson, 425-776-7298 Editor: Betty Odle, 206-525-8276

Treas.: Donna Murrish, 206-363-5753; Sunshine Co-Chairs: Gayle Bromley, 206-364-1314 Frances Peters, 206-361-8594

WSRTA Office: 1-800-544-5219; WSRTA Message Center: 1-800-221-1260

PRESIDENT'S MESSAGE

JAMBO and ASANTE! For those of you fluent in Swahili, I said "Hello" and "Thank you". Hello to all the Sno-King Retirees and a big thank you to all of you who filled in for me while we were on our "African Experience." It was a great trip with safaris in both Kenya and Zimbabwe and a relaxing cruise down the east coast of Africa.

We want to thank Bill Holm for his wonderful presentation on Northwest Coast Indian Art. If you missed this one you missed a good one.

Many things are happening with Sno-King. April is our scholarship luncheon. We will award three \$1000.00 scholarships to a deserving senior in each of our three districts. A terrific program has been planned. We are going to be treated to a presentation by "Ruze Dalmatinke" a Croation and Bosnian music and dance group.

The nominating committee has been active and has a full slate of officers for election at the April meeting. In May we travel to Mill Creek for our combined luncheon with Sno-Isle. We will help them celebrate their 50th Anniversary.

In June we have the WSRTA delegate assembly. If you are interested in being a delegate to the state meeting please let me know. We would be happy to have you join us. It is rewarding and helpful to our unit. The dates are June 8-10 in Wenatchee.

Dave Johnson

THOUGHT FOR MARCH: *A professor is someone who talks in someone else's sleep.*

SCHOLARSHIP LUNCHEON - APRIL 16, 1998

We hope that you and your friends will join us for our Spring Salad Luncheon at the Edmonds Unitarian Church, 8109 - 224th SW, Edmonds, at noon on April 16.

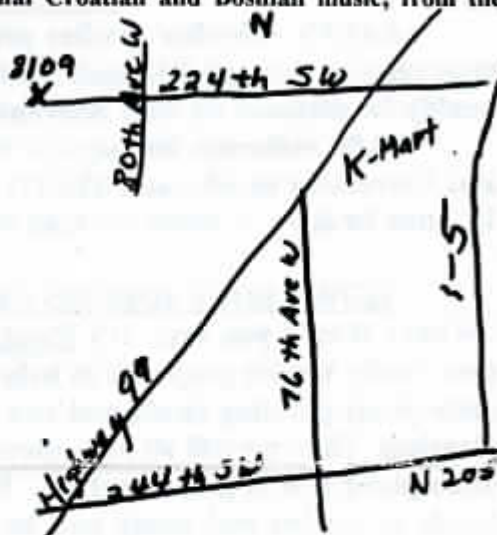
Following our luncheon we will be entertained by the "Ruze Dalmatinki" a Croatian and Bosnian instrumental and vocal group. They specialize in authentic, traditional Croatian and Bosnian music, from the stinging open throat style of interior Croatia, to the Bel Canto sounds of Dalmatian melodies, to the haunting music of Bosnia.

We will also be electing the officers for next year. The nominees are: Don Denton - President, Rita Requa - President Elect, Secretary - Gayle Bromley and Treasurer - Donna Murrish.

If you haven't had a chance to sign up for the Salad Luncheon please call Cheryl Bickford, 206-363-2731, or Betty Odle, 206-525-8276 by Monday, April 13 for reservations for the \$5 donation luncheon. If you would like to contribute food for the luncheon let Cheryl or Betty know when you make your reservations.

If you are not able to attend the luncheon but would like to support the scholarship fund you can make a donation to the Sno-King School Retirees Scholarship Fund. (See donation form on page 2.

Come and bring your friends to this special scholarship luncheon. We know you will enjoy the program as well as the food!



COMING EVENTS

April 7	8 AM	Coordinating Council meeting, Royal Fork, Mt. Vernon
April 9	1-3 PM	Board Meeting at AARP Washington State Office
April 16	NOON	Scholarship Luncheon - Edmonds Unitarian Church - Program: "Ruze Dalmatinke" - Croatia and Bosnian Musicians and Dancers.
May 7	9 AM	Paint, Prune, Pot, Primp, Pizza & Party outing - see page 2
May 14	1-3 PM	Board Meeting at AARP Washington State Office
May 21	NOON	Joint Luncheon with Sno-Isle at Mill Creek Country Club celebrating Sno-Isle's 50th year. Reservation form on Page 5.

SNO-KING BOARD SUGGESTS BY-LAW CHANGES

The present By-Laws lists serving as Program Chair as one of the duties of the President-Elect. The Board feels that this area should be handled by a Program Committee. Therefore the following amendment to the By-laws is submitted to the membership:

Article V Officers

Part B Duties of Officers

Section 2. The President-Elect shall

(Delete line three: Serve as program chair)

Article VIII Committees

Add a new section 12

12. Program Committee shall plan and provide interesting and informative programs at each meeting.

We will vote on this amendment at the April 16 meeting. If you have any questions call Dave Johnson - 425-776-7298, Don Denton - 425-672-6746, or Joanne Dunn - 206 - 363-7843.

SNO-KING SCHOOL RETIREES' SCHOLARSHIP FUND

The purpose of the Sno-King School Retirees' Scholarship Fund is to assist carefully selected graduating Seniors, majoring in education, from Edmonds, Northshore, and Shoreline School Districts, reach 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, P.O. Box 33962, Seattle, WA 98133-0962)

SUNSHINE COMMITTEE - Gayle Bromley, 206-364-1314, Jean Carlson, 206-364-1088,
Fran Peters, 206-361-8594

Lois Vinyard has had a stroke and is recuperating at Columbia Lutheran Home. Send cards to her home address - her daughter will see that she gets them. Our wishes for a speedy recovery.

We are sorry to report that Marilyn Beem's mother has passed away. Our deepest sympathy to the family.

COMMUNITY SERVICE COMMITTEE - Robert E. Jones, Chair, (425) 787-2727

55-ALIVE - MATURE DRIVING CLASSES

AARP's refresher teaches preventive measures that save lives when driving. Participants must register through Edmonds Parks and Recreation, 425-771-0230. For drivers 50 and over. May qualify for discount on auto insurance.

\$8.00 materials fee payable to AARP. Participants must register through Edmonds Parks and Recreation in advance, 425-771-0230. Spring and Summer dates are: April 8 & 9, May 13 & 14, June 10 & 11. Classes are held 9:00 AM to 1:00 PM.

HOW ABOUT JOINING US ON MAY 7TH AT 9:00 AM AND DO "THE SIX P'S"

"What's that?" you say. It's Paint, Prune, Pot, Primp, Pizza & Party. That's right. This year's community service project is to help out the WOODINVILLE ADULT DAY CENTER. They need some inside painting (walls and two doors), a little kitchen cleaning, and some outside pruning and planting. Then we will all have pizza with the day care residents. *We could party outside in a park atmosphere if it is great weather.* SO! Get your painting or gardening clothes and your favorite brush or garden tool ready and be there. Please contact Bob Jones at (425) 787-2727 (not long distance) if you are coming on MAY 7TH AT 9:00 AM.

DIRECTIONS: It's at the Cottage Lake Presbyterian Church located 15 18350 NE Woodinville-Duvall Place. (206)788-5223. FROM HIGHWAY 405 OR 522: From Highway 405 take Highway 522 toward Monroe. Take the NE 195th exit (second Woodinville exit) and turn right onto NE 195th. Proceed up the hill 3.4 miles (195th becomes NE Woodinville-Duvall Road) to 182nd Avenue NE and turn left. Immediately turn right onto NE Woodinville-Duvall Place. Go one block, the church is on the left.

Retiring In The Next Few Years? See me for consultations, rollovers, and long term care insurance. Not retiring for awhile, let me help you accumulate enough money so that you can! **Don Denton (425) 672-6746.**

Acceptance of this advertising does not imply Sno-King School Retirees endorsement of this product or program.

TRAVEL IDEAS AND TIPS

Terri Malinowski

* You may not be a country music fan, but you should check out a fun-filled nine-day Ozarks tour that "Si" and Ruth Siverson took last September. In fact, it's offered again April 14-22 by Lets Go Travel at Northgate, 206-367-1199, and maybe oftener.

The group flew to Kansas City, MO, where they spent two nights at the Embassy Suites in Country Club Plaza. Their Kansas City stay included a meal at one of the city's famous steakhouses as well as Arthur Bryant's Barbecue in the historic downtown area. Highlights of the city involved the stockyards, financial district and the many fountains and outdoor sculptures that have labeled KC the "City of Fountains."

On their way to Eureka Springs, Ark., "Switzerland in the Ozarks," the tour stopped at Carthage, MO., a Civil War site, and at the Precious Moments Chapel for a tour and gospel/bluegrass music. Once at Eureka Springs for several days, the activities included the Pine Mountain Jamboree, a cruise on the "Belle of the Ozarks," attendance at the famed outdoor Passion Play and a tour of victorian homes in Eureka Springs.

The final stop on the Siverson's trip was the real highlight: Branson, MO. "And I don't even LIKE western music," Si insists. Starting with a tour of the College of the Ozarks, the group spent the next few days seeing shows.... the Lawrence Welk Show, the Mel Tillis show with Brenda Lee (excellent, according to Si), Bobby Vinton and the Glenn Miller Orchestra and the Andy Williams Show. Si says an absolute must, however, is Shoji Tabuchi, the famous Japanese violinist who has made his mark in the Ozarks.

Sounds like a great itinerary, all arranged and planned.

* * * *

Speaking of relaxing, planned trips, we can recommend Grand European Tours based in Lake Oswego, OR. Call them at 800/522-5545 and ask for their 1998 tour booklet. They thoroughly cover the European continent, Russia, and the British Isles with trips ranging from 13 to 27 days. What we liked was the leisurely pace: at least 2-3 days in each hotel.

We enjoyed Berlin, Vienna and Eastern Europe in this fashion—Hungary, Poland, Czech Republic and a bit of Slovakia. Now we're eyeing Scandinavia linked to an Arctic Circle cruise. There are trips labeled Heart of Europe, Trains of Europe, Vineyards of Europe, Classical Europe, Rhine Cruise and Traditional Britain. Other tours focus on Italy, Germany, Turkey, Greece, Spain/Portugal/Morocco and The Alps.

* * * *

We found a solution to a condo stay in Hawaii that includes some meal prep in the unit instead of dining out. It's difficult to prepare favorite meals without requisite seasonings; yet, who wants to buy whole containers of salt, pepper, basil, etc.? Sometimes former tenants leave their seasonings behind, but other times there's nothing in the cupboard!

We discovered that seven-day pill containers sold by pharmacies, variety and kitchen stores for people to carry their daily pill allotments also can double as seasoning containers. We bought one of the large-pill containers shaped like a toothbrush holder. It's divided into seven cubicles, each with a flip-top lid. We fill it at home, stow it in our carry-on bag, and now have a short-term supply of salt, pepper, basil, oregano, paprika, dry mustard and red-pepper flakes.

For contributions or questions, call Terri Malinowski, 425-483-8344 or email her at terrim@accessone.com

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MEMBERSHIP EXPANSION COMMITTEE - Don Denton (425-672-6746) Chair

A special "thank you" to Joanne Dunn, our past president and a Northshore retiree for:

- a. arranging for membership recruiting presentations at a number of Northshore school faculty meetings, and
- b. for getting up far earlier than any retiree should to attend the meetings and present legislative information.

We have attained an impressive number of new "active" members from the following schools: Kokanee elem., Bothell HS, Woodmoore Elem., Shelton View Elem., and Northshore Jr. H. By the time this is published, we will also have visited Lockwood and Bear Creek elementary schools.

HEALTH SERVICES COMMITTEE - Gordon Bowers, Chair - 425-778-9202

WHAT CAUSES HUNGER? - Researchers led by Dr. Mashi Yanagisawa of Howard Medical Institute reported discovery of a hormone called "orexin" from the Greek word "orexis" for hunger. Two varieties of orexin are made by nerve cells in the lateral hypothalamus, a part of the brain already known to control appetite. Hopefully, researchers can harness the discovery to combat eating problems of many types, including obesity.

SUNSCREENS AND MELANOMA - Sunscreen prevents sunburns, but melanoma cases have risen sharply over the past 25 years - now strikes about 42,000 Americans each year. Dr. Marianne Berwick, epidemiologist at Memorial Sloan-Kettering Cancer Center in New York and her staff reviewed ten studies, and three of them found no link between sunscreen and melanoma risk. Two studies suggested that sunscreens seem to prevent melanoma. The five other studies found melanoma risk actually increased among sunscreen users, but this may be because they were already at risk due to having very light complexions. Other dermatologists disagree. Melanoma may take 20 years to develop, and Number 15 and stronger sunscreens have been in wide use only since the mid 80's.

THE MESSAGE: DON'T GIVE UP ON SUNSCREENS, BUT USE CAUTION ON THE TIME EXPOSED TO SUN RAYS!

WOMEN WHO DRINK - May have a greater risk of developing breast cancer, according to Dr. Stephanie Smith-Warner, researcher at Harvard School of Public Health. In their study, two to five alcoholic drinks per day caused a 41% greater risk of breast cancer compared with women who did not drink. Sorry ladies, how about just one drink?

ANOTHER OPTION FOR PROSTATE CANCER - In a study of 645 men, proton beams were used to shoot tumors, and was as effective as surgical removal. It controlled cancer for eight years in 84% of those treated, compared with traditional radiation treatment, which controlled cancer for the same period of time with a success rate of only 19%. The proton treatment also reduced the number of patients who experienced incontinence after surgery.

A NEW TREATMENT FOR OVARIAN CANCER - In addition to chemotherapy, Tulane University researchers have used a gene therapy where an altered gene is injected into the abdomen. There, it tricks the ovarian cancer gene, so that when the doctor treats the patient with a herpes drug, the woman's immune system also attacks the cancer cells.

So far, the success rate is promising, according to Dr. William Robinson, with few side effects. Ovarian cancer strikes about 27,000 women in the U.S. each year, and this treatment is good news for the survival rate.

BLOOD THINNER & TYLENOL - a study by Dr. Elaine Hylek & staff of Massachusetts General Hospital confirms a hazard that has been suspected, but ignored for decades. Frequent doses of acetaminophen, the active ingredient in tylenol, increases the blood thinning effect of warfarin, a drug used to prevent strokes and heart attacks. The combined effect may raise the risk of internal bleeding, the researchers report. Patients on long term doses-wafarin/coumadin, and similar blood thinners should get a monthly blood test called an INR, measuring thinness, and the doctor will adjust medications accordingly.

NEW OSTEOPOROSIS TEST - Takes only 10 seconds - slip a foot into a small box which uses ultrasound to measure the density of the heel, which measurement is typical of all body bones. The FDA has approved Hologic INC'Sahara Bone Test for early diagnosis and treatment to reduce the risk of fractures - all at lower cost than with existing equipment.

Also, see Reader's Digest, April, p. 93-97 for more on same.

RETIREMENT PLANNING - Phyllis Enger, Chair 425-486-1127

The 1998 sessions of the Retirement Planning Seminars ended March 11. Thanks to the cooperation of the Edmonds, Shoreline and Northshore School districts a good attendance was maintained. Comments from many of the participants indicate their appreciation for the valuable information presented to them. A stronger than ever effort will be made to synchronize the session dates between the district calendars, the state DRS and the availability of the meeting place at the Edmonds E.S.D. board room for the 1999 seminar.

After expenses were paid a donation was made to the Sno-King School Retirees Scholarship Fund. Once again thanks are expressed to the many Sno-King retirees who gave their busy time to help organize, register and set up for these sessions, and to Katie Sherwood and the Edmonds School District for housing us.

NEW MEMBERS

Cox, George R.*	425-489-6994		
12505 NE 198th ST	Bothell	WA	98011
Cushman, Ronald F *	425-481-8521		
21428 - 45th AVE SE	Bothell	WA	98021
Ikeda-Yee, Lorraine M*	425-489-6468		
8915 NE 151st PL	Bothell	WA	98011
Lamb-Gunnerson, Colleen*	425-488-0572		
23508 - 53rd AVE SE	Bothell	WA	98021-8040
Larson, Lo Anne J	206-361-4311		
15514 Palatine LN N	Shoreline	WA	98133
LaPonte, Linda T*	425-788-1653		
P O Box 562	Woodinville	WA	98072
Marilley, Line M. Y.*	425-487-6042		
15 - 234th PL SE	Bothell	WA	98021
McLeod, Arlene M*	425-483-0379		
8857 NE 203rd PL	Bothell	WA	98011
Nelson, Richard C			
14502 - 37th AVE NE	Seattle	WA	98155
Robinson, Bryant E			
6014-183rd ST SW	Lynnwood	WA	98037
Telford, Charles H			
13336 NE 147th PL	Woodinville	WA	98072

CHANGES OF ADDRESS

Dreimiller, Sharon, 2201 Sturgeon DR, Marysville, WA 98271

Gates, Francesca, 6252 - 26th AVE NE, Seattle, WA 98115-7110

~~Luanan, Lena, 20617 - 26th AVE W Apt E-1, Lynnwood, WA 98036-7888~~

Rickey, Patricia, 76-6277 Kololia ST, Kailua Kona, HI, 96740-2259

Ryder, Arline, 16629 Tester RD, Snohomish, WA 98290

Swanson, Nancy, P O Box 1834, Edmonds, WA 98020-1854

Thorsteinson, Leigh, 7028 - 3rd AVE NW, Seattle, WA 98117-4901

Whitney, Judith, P O Box 173, Lopez Island, WA 98126

CORRECTIONS:

Ruby Smith has not moved - the Palm Desert address was a vacation address - her address in the directory is correct: 829 Laurel Way, Edmonds, WA, 98020-3906

MAKE RESERVATIONS FOR SNO-KING - SNO-ISLE JOINT LUNCHEON, MAY 21

MILL CREEK COUNTRY CLUB

*RESERVATIONS CLOSE MAY 12

Please reserve (____) places at the luncheon at \$13.00 each.

Enclosed is my check for \$_____ made out to Sno-King School Retirees

Signed: _____

(Include all names covered by this reservation.)

Mail to Donna Murrish, Treasurer, 11227 Goodwin Way NE, Seattle, WA 98125-6540
(Questions, Call Betty Odle (206) 525-8276)

MEMBER SERVICES

BEWARE OF "SLAMMING"! There are a number of small long-distance companies that are calling seniors to convince them that they should change their long-distance coverage to their company. Unfortunately most of them are not the wonderful bargains that they profess to be. In addition, even if you do not actually agree to change, they may do it without your express permission. If you are satisfied with the service that you now have it is recommended that you call them and let them know that you do not want to change your service to another company. They will put that on your record and give you a code number. This will safeguard you from some other company shifting you without your permission or giving them your code. **BUYER BEWARE!**



News deadline for May Bulletin is April 20, 1998. Send to Betty Odle, 2137 N 86th, Seattle 98103. Phone: 206-525-8276. Please send us news about other members as well as about your activities. If you know of any illness, please contact our Sunshine Co-Chairs, Gayle Bromley, 206-364-1314, Frances Peters, 206-361-8594 (5-9 PM best time to reach her), or President Dave Johnson, 425-776-7298 or Editor Betty Odle, 206-525-8276. Again, many thanks to those who come over each month to fold, staple and label the newsletters. If you would like to join this happy, hard-working group, call Betty-206-525-8276 or Ellie Bonanno-425-778-0751 or Ruthanne Warren-206-367-0742 to volunteer. We try to get the letter out the last Wednesday of the month beginning at 9:30 a.m. Call Betty before coming in case the printing has been delayed.