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# SNO-KING SCHOOL RETIREES

# NEWS

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APRIL 1999

President: Don Denton, 425-787-7881 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: 1-800-221-1269

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## PRESIDENT'S MESSAGE

*It is hard to believe it is April already and my term of office is winding down. Rita Requa is busy confirming leadership positions for next year. If you are ready to enrich your social life and get active on one of our committees, please contact Rita.*

*Our April meeting is traditionally a scholarship luncheon. Again this year, we will award three \$1,000 scholarships to seniors entering teacher-prep programs from Edmonds, Northshore, and Shoreline, as well as mini-grants to active members. Our entertainment will be the Edmonds Senior Swingers. They are a lively bunch with songs and dance from the 20s, 30s and 40s. Also, at the April meeting you will be asked to vote on our slate of officers for next year. Please join us.*

*In May, we are again scheduled to combine with the Sno-Isle unit for a luncheon at the Mill Creek Country Club. Noted northwest harpist, Bronn Journey, will be our entertainment. Save May 20 on your calendar.*

*On June 7, 8, and 9 we will attend the annual WSRTA delegate assembly in Pasco. That is our opportunity to vote on the issues which effect our state organization. We are allowed 26 delegates. Would you like to be one? Our unit covers most hotel and travel expenses. Call me if you are interested.*

*Don Denton*

## SCHOLARSHIP LUNCHEON - APRIL 15, 1999

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 Edmonds Senior Swingers. If you have not had an opportunity to enjoy their program of singing and dancing you are in for a real treat! You are sure to be humming along and tapping your feet.

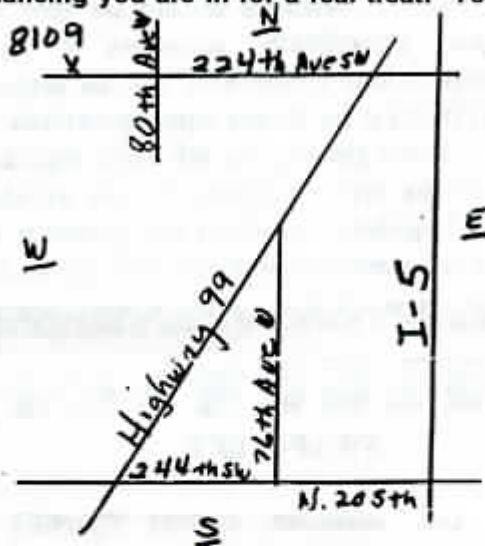
We will also be electing officers for 1999-2000.

Those nominated to date are: Rita Requa, President; Donna Murrish, Treasurer; and Gayle Bromley, Secretary.

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 12 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 8  | 1:00 PM | Board Meeting at Northgate Washington State AARP Office, 9750-3rd Ave NE, #102, Seattle                                   |
| April 15 | NOON    | Scholarship Luncheon, Edmonds Unitarian Church - Senior Swingers-Song & Dance of 20s, 30s, and 40s. Election of Officers. |
| April 19 |         | Coordinating Council at Mt. Vernon  |
| May 6    |         | Mini trip to Weyerhaeuser Rhododendron Display  |
| May 13   | 1:00 PM | Board Meeting at Northgate Washington State AARP Office, 9750-3rd Ave NE, #102, Seattle                                   |
| May 20   | Noon    | Joint Meeting with Sno-Isle at Mill Creek - see page 3 for more information and details.                                  |
| May 27   | 10 AM   | Beach clean up at Edmonds Waterfront Park   |



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

Joanne Dunn, after surgery, is recuperating at 1st Hill Care Center, 1300 Terry, Seattle 98102. She will remain there until she is finished with her radiation treatments. We send our good thoughts for a speedy recovery. The phone number at the Center is 624-1484 and her cell phone number is 579-9845.

Gordy Smith has been in the hospital with pneumonia and is now receiving therapy at Sunrise Medical and Rehabilitation Center in Richmond Beach. Hope you are feeling better, Gordy!

We are sorry to report the death on March 12 of our member Pauline Rhodes, sister of Betty Morton and Winnie Smith. Pauline joined our unit about 1978. In 1981 she had a severe stroke and was unable to talk or write. Our deepest sympathy to Betty and Winnie.

We received a call from Kathleen Krieder, granddaughter of our member Delmar Caryl informing us of his death. Our thoughts are with his widow, Mary and others in his family.

Our sympathy, too, to Ray Aust whose mother passed away on March 14th.

Just received word that Skbbjorn Slette passed away on December 7th. Our condolences to her family.

Please keep well, people - but let us know if you're not so we can bring you some sunshine!

**LEGISLATIVE COMMITTEE, Jack Rogers, Chair, 206-367-7153**

**LEAVE A MESSAGE WITH YOUR LEGISLATORS!**

Retired teachers are encouraged to call Olympia and leave messages with their legislators regarding two pieces of pending legislation, The first is the Patient Care Bill of Rights, ESSB 5587, currently in the House Health Care Committee. Messages should be in the nature of requesting a hearing and passage of the bill. This piece of legislation will help to guarantee quality health care coverage for senior citizens in Washington.

The second is a proposal to increase the medicare subsidy for eligible school retirees. It is referred to as "Section 716, subsection 3 of the Governor's proposed budget, originally found on page 108." Messages should be sent to legislators encouraging the section to remain in the budget. Specifically, members of the Senate Ways & Means Committee and the House Appropriations Committee can be targeted. Sen. Fairley (D-32) is on Ways and Means. Rep. Kagi (D-32) is on House Appropriations.

Messages may be left with legislators by calling either the Legislative Hotline, 1-800-562-6000 or the Senior Citizens' Lobby number, 1-800-562-6118.

Legislative updates are available by calling the WSRTA Message Center, 1-800-221-1269. Recorded messages on legislative action are updated on a daily basis.

## SWAP-MEET

Our member, Garrel Sperling Lindberg, suggests that teachers who have retired often have "treasures" they used for teaching and would like to pass on to younger teachers who might be able to use them.

Perhaps a swap meet could be arranged. If you are interested in getting rid of some of your wonderful collections, or if you are still teaching and would like to be able to receive some of these treasures, please call Don Denton at 425-787-7881. If there is enough interest we will try to set up a swap meet.

### 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)



TRAVEL IDEAS AND TIPS

Terri Malinowski

Although vacation time has been synonymous with summertime for as long as most of us can remember, spring and fall vacations can be more desirable if your schedule allows that flexibility.

There are a number of advantages, both financially and recreationally. The financial aspect was emphasized recently for me when I inquired about airfare from Seattle to London for a trip that six of us are discussing for 1999. Summer fares ranged from \$700 to \$1,300 round trip per person, even with consolidator rates or advertised specials. Certain dates were already booked solid at the lower price range, too.

But once I mentioned September, we got a quote of \$536 mid-week round trip for the exact dates we were considering. Guess when we are going and why?

Accommodation rates can be seasonal, too. Inquiries into bed-and-breakfast costs for the United Kingdom turned up price reductions in some cases when I mentioned late September.

Car rentals are another variable depending on the season (and the agency). We traveled around Wisconsin and Minnesota last October and found we saved about \$35 a week on our rental. When reserving a rental car several weeks or months in advance, we routinely compare the rates quoted by Avis, Hertz, Budget, Alamo and National. There are sometimes wide variations. When we flew to southern California in February, for example, I was given quotes of \$159 to \$209 per week for a midsized car. The lowest was Alamo, and we were very happy with their service, choice of vehicle, and price.

As to the recreational aspects of traveling in spring or fall, we find the major attractions are seldom crowded. Usually, there are no entry lines, and the local people have more time to visit and answer questions. The picturesque lanes and side roads are not clogged with tourists (like us!).

Having always traveled to Europe in April (Combining the school district's one week of spring vacation with an add-on week), we have chatted at length with a gatekeeper at Heidelberg Castle, a gondolier in Venice who was sunning himself on the dock, and a delightful waitress at a small rainswept cafe beside the Cliffs of Dover. Each gave us a slice of life in their community and helped us understand more of the local history. And I don't think we'll ever forget the beauty of a spectacular autumn in Prague as we drifted along the Vlatava River in a rental boat.

On a necessarily tightened travel schedule, it also was a relief not to spend hours queued up to see the Mona Lisa in Paris, the Crown Jewels in London or the royal castle in Krakow, Poland.

On a cautionary note, however, the weather can be more changeable in April or September. But then, aren't we the champions of changeable weather here in western Washington? Just pack a roll-up raincoat, fold-up umbrella, layered clothes and sensible shoes. Another caveat: some attractions and housing accommodations in the northern climes close up from October through March. We found ourselves unable to take a Rhine River cruise in Germany because they begin in May, and we couldn't stroll along the old city wall in Lucerne, Switzerland because it traditionally is closed to foot traffic until May.

(If you have questions, information or a contribution for this column, call Terri Malinowski, 426-483-8344 or email her at [terrim@accessone.com](mailto:terrim@accessone.com))

**JOINT LUNCHEON, MAY 20 AT MILL CREEK COUNTRY CLUB**

Please plan to join us for this special meeting. Sno-Isle is our "mother Unit" and it is always fun to see old friends and meet new ones. The food is always great, this year we are having Quiche Lorraine with fruit and Waldorf salad, dessert and beverage.

More details and directions will be in the May Bulletin.

**MAKE RESERVATIONS FOR SNO-KING - SNO-ISLE JOINT LUNCHEON, MAY 20**

**MILL CREEK COUNTRY CLUB**

**\*RESERVATIONS CLOSE MAY 11**

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



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

**HEALTH TIPS FROM THE TRUCKING/INSURANCE INDUSTRIES** - as reported by Cox News Service (Mar '99), the trucking industry is concerned about the rising accident rate of truck/auto accidents caused by car drivers passing trucks, suddenly cutting in and slowing down. Trucks cannot stop as suddenly as cars, and a crash results. In most such cases the car driver is cited for negligent driving. The following are tips from the truck drivers: 1. Remember, trucks are heavier and take longer to safely respond and come to a complete stop. 2. If a truck is signaling its intention to change lanes, allow it space to do so. Often, it's trying to avoid another vehicle. 3. Leave a safety cushion between you and the vehicle in front of you. 4. At intersections, stay behind the truck signaling so they can safely complete their wide turns.

**HERBAL REMEDIES** - Some clinical studies support the use of products like St. John's wort for depression, and other herbals that have been used in other countries for centuries, but in the U.S. manufacturers of dietary supplements are not required to follow standards on safety or effectiveness. For this reason herbal products can vary widely in purity and potency, do not require FDA approval or scientific proof of cures as claimed and advertized.

According to American Medical News (vol. 41, #31), "Many people mistakenly believe that herbal supplements are always milder than prescription drugs. Note that nicotine, cocaine, foxglove and hemlock are all 'natural' products." Other advice from the same - "If you want to try herbal therapies, talk to your doctor, make sure your doctor knows what you are taking and why. Consider only well known brands from drugstores or reputable food stores, and consider brands from Germany where such supplements are regulated." A cheery thought from the HOPE HEART INSTITUTE: people who are well educated are more likely to try alternative medicine or supplements than the general population!

**UPDATE ON HEART LASERS** - though heart lasers were approved by the U.S. Food and Drug Administration last year, it was only for a treatment that requires opening the chest, as with open heart surgery. Then tiny holes (10-15) are burned into the left ventricular wall to relieve severe angina pain. Under the new procedure, a catheter is threaded thru an artery in an arm or leg and into the heart and the same type of holes are made from the inside out. This treatment somehow triggers the heart to grow tiny new arteries, a process called angio-genesis. These new arteries feed the heart muscles, improves circulation and reduces angina pain, according to Dr. Oesterle of Massachusetts General Hospital, reported at the American College of Cardiology, March'99. NOTE: THIS IS NOT A DO-IT-YOURSELF PROJECT!!!

**MORE ON SENIOR SERVICES FOR INDEPENDENT LIVING** - Homebound people 60 and older can take advantage of "meals on wheels", plus a mobilemarket truck that brings basic foods, paper products and frozen meals as well as soups, soft drinks, etc. to their door. Prices are about the same as in the grocery store. A one-a-day supply of frozen meals is delivered each week. Meals come in microwaveable containers and can be reheated in an oven or toaster oven. Meals include breakfast of eggs, pancakes or French toast, milk, fruit and juice. Other meals include an entree; rice, noodles or potato; roll and fruit, as well as ethnic meals. A suggested donation of \$1.75 per meal can be cash, check, or food stamps, but no one will be denied meals because of lack of funds.

Also, for seniors 60 or older, each senior center has excellent HOT LUNCHES available daily for \$2.00. It can be a wonderful socializing event for people who feel isolated - getting together reduces the danger of depression, a huge issue among older people. For more information call Senior Services 425-347-1229 or 1-800-824-2183. All are part of the Federal Older Americans' Act that helps seniors live independently.

Another local source of help - assistance is available for heating bills partly Federally funded, Snohomish and all other counties have an energy assistance program, making payments directly to the vendor. Recipients must be below incomes of \$839 per month for one person; \$1130 for two; \$1422 for three, \$1714 for four. How to apply: call 425-259-5185.

**ALLERGIES - NOTHING TO SNEEZE AT** - please read this informative article, READER'S DIGEST, APRIL'99, pages 69-74.

## HELP WANTED

**Help! Help! Help!** Betty Odle, after many years of editing our newsletter, has decided to pursue other interests. We all thank her for her tireless efforts to keep us informed about issues, people, and activities.

The future of the newsletter depends upon the editor. A subcommittee of the Executive Board decided that we could break up the task into 4 parts. The first is maintaining the membership lists, which will be taken over by our treasurer, Donna Murrish. Another task is the mailing party held at the Northgate AARP Office where the newsletter is folded, taped, addressed and sorted; Betty O. has graciously offered to continue that portion. Another big task was the actual mailing of the newsletter, making sure that we have followed all the rules for 3rd class postage and maintaining a good relationship with the US Post Office; Rachel Lake has offered to do that portion of the job.

So now, we are looking for someone who would use their computer and language skills to put the monthly newsletter together, in camera ready form, and see that it is copied (we now use Office Depot), and bring to AARP Office on date of mailing party. (Help is available to transport boxes.)

If you are interested in editing our newsletter or have a suggestion for an editor, please let Rita Requa (206-362-5220) or Don Denton (425-787-7881) know. Who knows? We may take them to lunch....

**I help people build secure retirements!** Whether you are a school employee or retiree, see me for 403(b)s, IRAs, TSAs, Annuities, rollovers, free consultations, and Long Term Care Insurance. I will give you printed LTC proposals from 4 major companies. Shop & compare! Don Denton (425) 787-7881 or Toll Free 1-877-462-0409.

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



NEW MEMBERS - ADD TO 1998-99 ROSTER

*Bailey, Shawn F.	9131 - 152nd ST SE	Snohomish	WA	98296	360-668-0542
*Bayer, Joyce E	7021 NE 148th PL	Kenmore	WA	98028	425-488-8909
*Belcher, Elaine G	6126 NE 202nd ST	Seattle	WA	98155	425-483-2179
*Duncan, Janice C	16965-65th LN NE	Kenmore	WA	98028	425-486-6340
*Isenhath, Sherry L	16328 Inglewood RD NE	Kenmore	WA	98028	425-488-2958
*Jackson, Susan K	2800-161st AVE SE	Bellevue	WA	98008	425-747-8350
*Kirkpatrick, Bonnie L	5033-36th AVE NE	Seattle	WA	98105	206-525-6718
*Kloess, Priscilla L	24238-25th AVE SE	Bothell	WA	98021	425-486-5617
*Lowerstein, Lonnie A	12524-89th CT NE	Kirkland	WA	98034	425-823-1137
*Ludwig, Brenda L	702 Kirkland Way #2	Kirkland	WA	98033	425-828-3122
*Moore, Sandra L	16600-98th CT NE	Bothell	WA	98011	425-483-8780
*Santos, Lisa M	6902-190th ST SW	Lynnwood	WA	98036	425-712-1246

CHANGES OF ADDRESS OR CORRECTIONS

Barta, Paula	112 Forest CT	Everett	WA	98203	
Bateman, James*	410-138th SW	Everett	WA	98208	
Hensler, Jeanne	18911-129th AVE NE	Bothell	WA	98011	425-489-4016
Herbison, Brian L*	2760 NE 89th ST	Seattle	WA	98115	206-525-8410
Hudson, Meta	722 N 92nd ST #2	Seattle	WA	98103	
Jablinski, Glenda*	P O Box 27614	Seattle	WA	98125	
Jones, Lucille	16917 Inglewood RD NE	Kenmore	WA	98028	425-488-9283
Kiriluk, M Judith	16729-74th AVE NE	Kenmore	WA	98028	425-488-2860
Kirkpatrick, Edith	1523 S Carol ST	Camano Is.	WA	98292	360-387-0918
Kluka, Regina Norris	1019 Maple ST	Edmonds	WA	98020	425-778-3802
Kramer, Gregory*	9207-96th ST NE	Arlington	WA	98223	
Lapp, F Jay	8243 S Sandy Hook DR	Clinton	WA	98236	360-579-8107
Lwango, M Andrew*	15745 Lords Lake AVE SE	Monroe	WA	98272	
Marum-McKinney, Cynthia L*	5529-101st ST SW	Mukiltoe	WA	98275	
Montzheimer, Donna	6807 N East Bluff Court	Spokane	WA	99208	
Nall, Carol M	1215 NW 203rd ST	Shoreline	WA	98177	206-542-4518
Partridge, Joan R*	11815 NE 102nd PL	Kirkland	WA	98033	425-827-0495
Ryder, M Arline	5335 Countryside Beach DR NW	Olympia	WA	98502	360-867-0848
Secaur, Rachel E*	357 N 71st ST #8	Seattle	WA	98103	
Westerhuis, Ruth	Hearthside, 18625-60th AVE W	Lynnwood	WA	98037	
Wilson, Celia M*	14026 Riviera PL NE	Seattle	WA	98125	
Wyner, Michele L	1050 Whitney Ranch DR #923	Henderson	NV	89014	

**MEMBER SERVICES -BARBARA BERG, CHAIR - 425-483-2671**

We are planning a mini trip to the Weyerhaeuser Rhododendron Display at Federal Way on Thursday, May 6. Be sure to sign up at the April meeting, or call me for more information. Details of time and meeting place for the trip will be at the April meeting.

Let me know if you have ideas for other mini trips or information we should share with others regarding special rates and activities.

**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 in advance 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 instructor at class time.

Spring dates are: April 7-8, May 19-20, June 9-10 and July 14-15. Classes are held 9:00 AM to 1:00 PM at Anderson Center, 700 Main St., Edmonds, WA. If the above dates are not feasible, call Bob Jones, 425-787-2727 for other places and dates in the area.

**"PIC" IS COMING! (PROJECT IN COMMUNITY) "PIC" THE BEACH & "PICNIC"**

SAVE May 27, 10 AM for our Community Service Project this year. We will be to Edmonds Beach for a clean-up and then do a picnic and get better acquainted. Sounds like fun! Save the date and join us.

LET BOB KNOW IF YOU ARE DOING A COMMUNITY SERVICE, i.e. VOLUNTEERING IN SCHOOLS, HOSPITALS, TRANSPORTATION, FOOD BANK, ETC. Call him at 425-787-2727.



**MEMBERSHIP EXPANSION COMMITTEE - Don Denton, Chair, 425-787-7881**

The membership contest is winding down. Have YOU asked a retired non-member to join? Our legislative lobby group is hard at work to get the Medicare subsidy increased and the COLA increased and the starting age lowered. \$4.00 per month is not much to ask for these services. Call me and I will get a form to your recruit and YOU will get your name entered in the drawing for the trips.

**NEWS OF OUR MEMBERS**

Donna and Ron Murrish flew down to Arizona to take in a Mariner's game. Hope they saw one of the winners!

Barbara Berg is off to Hawaii for a couple of weeks - plans to spend some time in Kona and then over to the island of Kauai. She should be able to get some sunshine on the Kona Coast!

(Let us know if you are traveling or if you have been doing something that would be fun to hear about or fun to do.)

**EDMONDS SCHOOL DISTRICT NEEDS VOLUNTEERS**

Edmonds schools need volunteers for a program called "Safe & Drug-free Schools. They are trying to implement this program at Spruce Elementary, Edmonds. It is designed for K-6 grade. Curriculum will be provided and hours are flexible. Volunteers will go into classes to teach.

If you are interested contact Barbara Wallace, 425-670-7720 and press 9 for office manager.

News deadline for MAY Bulletin is APRIL 15, 1999. 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 Don Denton, 425-787-7881 or Editor Betty Odle, 206-525-8276. Again, many thanks to those who come to the Washington State AARP Office each month to fold 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.