

# Sno-King School Retirees



December 2001

## The SKSR Bulletin

A message from our president

### 'Tis the season

by Bob Jones, 425-787-2727-[bobjones@premier1.net](mailto:bobjones@premier1.net)

**Y**es it's the season again: Christmas, Hanukah, Kwanza or winter. Whatever your wishes, sacred or secular, I'm sure that traditions old, new, cherished and remembered will be brought out this year. We will view them with fondness and strive to adapt them even more strongly to our life today in our quest to get back our peace of mind. Our families and nation need to regain the unity of our beliefs. My wish and prayer is for you all to have the best Christmas, Hanukah, Kwanza or winter season you have had in years.

This year Sno-King is trying a little twist in December for the meeting. On December 13th at the Edmonds Masonic Center, 515 Dayton Street, we will have the political breakfast. Jack will invite legislators from all our districts (including the 46th) for the free breakfast. This is a great time to meet and talk with our legislators to see where they are and to make sure they know what we want. We will have the latest materials from the Olympia office there for all of us. This will start your season with food, friendship and a look toward the future.

As I write this, I have just returned from our provider's home base for the new web-site. I spent an enjoyable time learning how simple it is going to be for a person with only average computer knowledge to update the site. Of course, you will need to have the right name and password to do so. By the time you read this message the site will be up-dated in many areas. Shortly, if not now, you can view the correct list of board members, the latest newsletter (plus the past letters after December), new legislator contacts, news and activities, as well as links to related interests in our lives. Jack Rogers, Jeff Jones and I will be the web-site masters for now. We can add others along the way as well as any needed changes (even

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see **PRESIDENT** on page 7





# SKSR Grants awarded to active teachers

by Rita Regua, SKSR grant committee chair



Jeanne Johnson, librarian at Canyon Park Elementary, Northshore, was awarded a grant for the purchase of audiobooks and small tape recorders that students may check out. Jeanne says, "Listening to a narration of a book while following along gives students the support to overcome reading difficulties.

It allows students with learning disabilities and special needs to access challenging materials as well as the latest popular fiction their peers are enjoying."



Renee Calloran, PE teacher from Woodmoor Elementary in Northshore was awarded a grant to provide funds for the purchase of five "digi-walkers," small electronic devices worn on a belt to measure the number of steps a student takes while in the school's fitness lab. The fitness lab at

Woodmoor is a regular sized classroom fitted with 24 different fitness machines, 8 sets of 3 similar machines, ranging from rowing machines, treadmills, elliptical stair-step machines, etc. These were all

donated, though many had to be repaired, either personally or through grants (McDonald's). Renee runs a comprehensive PE program. The day I visited, 80 sixth graders ended their PE period with a run-through of a fairly complicated and lively "hoe-down" dance that would be performed at a school function.



Arlene McLeod, specialist, Anderson Building, Northshore, was awarded a grant with the purpose of contracting for a "raptor" exhibit from Woodland Park Zoo. Additional funds are available for woodworking projects. Sno-King School Retirees is pleased to provide funds for such enriching experiences.

### E-MAIL HELPS CONNECT US ALL



[dmurrish@aol.com](mailto:dmurrish@aol.com)

If we do NOT have your e-mail address (or if you're not sure) just send Donna Murrish an e-mail with your name in the text and she will add your e-mail to our directory. Do it now.

# 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](mailto:bobjones@premier1.net). Note that the class is a "two-consecutive-days class," which can be selected during the month of your choice.



## 2001-2002 dates

### FALL

December 5-6

### WINTER

January 2-3  
February 6-7  
March 6-7

### SPRING

April 3-4  
May 1-2  
June 5-6



Health tips for you

## Longevity can be fun

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

Want to live to be 100 while in good health?

According to a Johns Hopkins medical study, 75,000 Americans are 100 years old or older and are often in better shape than their younger counterparts, many living independently and functioning well.

Theories on gene influence include speculation that genetic influence is strongest after age 80, but those who take appropriate health measures can add 10 years of quality life; those who don't can subtract a decade.

The best longevity study is the Okinawan Centenarian Study (OCS), where 600 of the 100 plus age group had been followed in their 70s, 80s and 90s. These had the longest disability free lifespan of any in the world. Okinawans have 80% fewer heart attacks than comparable Americans, rarely have any cases of breast cancer or of prostate malignancies. How could this be? There is no magic bullet; typical Okinawans eat seven daily servings of vegetables and fruits, seven servings of whole grains, mostly brown rice and noodles, a couple of servings of soy beans (tofu or miso), small amounts of fish, dairy products and meat which is low in fat; mostly unsaturated.

This diet sounds a bit much but does provide vitamins and plant-based ample fiber that may lower the risk of heart disease, stroke, diabetes and gastrointestinal cancers. Soy is thought to be beneficial for bone density, lowering cholesterol and some cancers. Also, physical activity is a vital part of everyday life. Transportation has been using legs: many elderly take part in gardening, Tai Chi (martial arts and dancing) and other aerobic exercises, usually as a community activity which is summed up in an Okinawan proverb "One cannot live in this world without the support of others." Most Okinawans participate in several organizations that provide support, company and intellectual stimulation, causing a positive, happy state of mind and relief from stress through prayer sessions.

Similar studies in the United States by the Mayo

Clinic and others have found that optimists live longer than pessimists, partly due to reduced stress. French woman Jeanne Calmet who died in 1997 at age 122 was quoted as saying, "Don't worry—be happy. I take things as they come, and I will die laughing." Perhaps some of this information will help us live better, longer. My wife and I did not get to Okinawa on our side trips in Japan, but our member Dick Sacksteder visited there in his travels and added an important factor in the Okinawan longevity—that several generations may live in the same house, or in close proximity, lending much support to elderly relatives. A bit of humor on aging: *When you're pushing 70, that's exercise enough. It's better to be over the hill than under it.* Source: *Johns Hopkins Medical Letter*, November 2001, pp.6-7

### Bright Ideas

Auto maker Volvo introduced the three point seatbelt in 1959, and the US required it on new cars in 1968. Now the Volvo Company is crash-testing a four point belt and evaluating this product that is designed similar to child safety seats, where the operator pulls a strap over each shoulder and fastens them to a buckle in the lap belt. This provides much better protection in rollover and side-impact crashes. They may be on cars in a year or two. Source: Auto Writers Association, *Everett Herald*, October 26, 2001, P. F4.



### More bright ideas

Radio bracelets for Alzheimer's patients who become lost—contact Snohomish County Volunteer Search and Rescue at 425-388-3328. Source: *Everett Herald* by Diane Brooks, November 3, 2001, P. B3.

### Computerized tomography

CT Scan uses a thin beam of X rays that painlessly circle your body and produce cross section photos like slices of bread. "Cat scans" are used primarily to examine head, chest abdomen, spine and pelvis. Arteries and aneurysms can be seen clearly and measured to monitor artery problems. Using precise photos your doctor can choose corrective measures. Source: *Radia Medical Imaging, A Patient's Guide to CT-Scan.* (Note—CT-Scan has saved many lives, including mine ... Gordon)

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*I have several Edmonds district  
employees as references.*

Call **John Casebeer** at **425-672-7087**

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see HEALTH on page 7



Traveling with Terri

## A Mexican vacation—Olé

by Terri Malinowski, travel chair, 425-483-8344—[terrim@accessone.com](mailto:terrim@accessone.com)

If you are looking ahead to spending a few weeks in a sunny, tropical clime after the holidays...but you don't want to travel great distances to the Caribbean or halfway across an ocean to Hawaii...consider Mexico.

There are direct flights from Seattle, with a Los Angeles connection, down the coastline to the lush beachside areas of Cabo San Lucas, Mazatlan, Puerto Vallarta, Manzanillo, Acapulco and Ixtapa. Or if you really don't need a beach, consider the charming inland areas of Guadalajara and nearby Lake Chapala, Oaxaca, San Miguel de Allende, Colima or Cuernavaca.

The prices are right and airline rates are reasonable. There are all-inclusive resorts, small hotels and inns, condos and even private homes available for rental. The internet is full of possibilities, complete with photos of the various rentals and prices. There are advantages to both styles of vacationing. An all-inclusive tour or package takes care of hotel, transport and travel details. A stay in a condo or house takes a little more arranging on your part, but gives you more independence. And staying in a village rather than a large city allows you the privilege of mingling with the residents and learning more about the culture.

Start, for instance, by entering the website address of [greatrentals.com/Mexico](http://greatrentals.com/Mexico). This is a grouping of privately-owned rentals, listed by city or town. Once you've scanned the pictures, you can contact the owner of the rental directly by e-mail or phone listing. (If you simply enter the website address of [greatrentals.com](http://greatrentals.com), you get a listing of rentals in various states in our country, too).

Our personal favorite of Mexico locations is the village of Bucerias, about 20 minutes north of the Puerto Vallarta airport. One source of rentals is [lasrosasagency.com](http://lasrosasagency.com), complete with descriptions and prices. Bucerias also has at least two sets of rentals owned by local educators, for example.

Try the website of [casasbucerias.com](http://casasbucerias.com) for a grouping of four rentals belonging to retired Renton educator Jackie Smith and her husband. One is a two-story house built in Mexican style years ago and nestled on an expansive beach of Banderas Bay. It has shaded

verandas, rooms cooled by lazy revolving fans, an excellent kitchen, four bedrooms, two baths, daily maid service and a fantastic view of the bay.

In the rear garden is a one-bedroom casita with similar amenities, while just over the rear fence are two new condos, a one-bedroom and a two-bedroom, both sharing a small pool between them. The four rentals are available separately, or combined for a vacationing extended family or group of friends.

On the hillside above the village and overlooking Banderas Bay is a three-story condo cluster called Suite Sandi de Bucerias. Here, Northshore educator Tom Carter and his wife own two of the one-bedroom condos. Each has its own shaded patio with views of the large pool, the village below and the bay beyond.

Several Sno-King retirees have sampled this rental and enjoyed it.

If you want to browse, try typing in the name of a Mexico destination, such as [manzanillo.com](http://manzanillo.com). The website will list local rentals and resorts, as well as information about the community. Another avenue is to check the vacation rental ads in the

Seattle daily newspapers. Several years ago, using this method, we found a lovely house by the sea in the delightful village of Barra de Navidad, near Manzanillo. The three-bedroom house is owned by a Roseburg, Oregon, couple, and it, too, was built Mexican style years ago.

And, don't worry, you don't need a knowledge of Spanish in order to enjoy a Mexican vacation. English is understood everywhere. But it is a courtesy to know and use a few Spanish phrases, if possible.

*For contributions or questions, call Terri Malinowski, (425) 483-8344 or email her at [terrim@accessone.com](mailto:terrim@accessone.com)*

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Our membership chair speaks

## Can we continue?

by Don Denton, 425-787-7881,  
[dondenton@jps.net](mailto:dondenton@jps.net)

As I have mentioned before, our Sno-King unit has been given special recognition at the WSSRA state-convention for the past 13 years because of our ever-increasing membership. We stand alone at the top of the list of honored units; no other unit in the state is even close.

That tradition is in jeopardy of dying if I don't get some help in signing new members. We need about 25 new members by March just to stay even with our last-year's figure. That isn't very many since we have over 1,200 local members and each one probably knows at least one retiree or active school employee who should belong. But then maybe they actually approve of the state using our retirement funds to balance the state budget. Or maybe they don't care if their retirement dollars buy less and less each year.

Will you ask a non-member to join? Some retirees believe that they are members of our organization, but they actually belong to the teachers' union retirement group. Many of our members belong to both. Ours only costs \$4 per month. You might point out that Sno-King and WSSRA's only objective is to improve the welfare of retirees, all retirees.

If you have talked with a non-member about joining, please give me his/her name and I will send him/her a form. If you are not sure who belongs and who doesn't, look in your directory or call me.

## SKSR BULLETIN BOARD

### Congratulations to Sharon Roy!

As we go to press, Sharon Roy has 51.21% of the vote for her race in Whatcom County Council. (Elections will be certified November 21.) This first time candidate has been busy with doorbelling, meetings, fundraisers since August. Sharon is a retired teacher and administrator from Shoreline. She also worked as special education administrator in Anchorage, Alaska, for a time before moving to Birch Bay a couple of years ago.

*submitted by Rita Requa*

### Edmonds Creative Retirement Institute

The Creative Retirement Institute does it again, with college-level classes at bargain prices! Thanks to a still-growing membership in the institute, connected with Edmonds Community College and the national elderhostel program, CRI is once again offering numerous college-level classes for this fall, featuring top-notch instructors. Course offerings, all short-term and all taught during the day except for one, range from classes about the internet, computers, history, wine lore, mystery, current events and the arts, to field trips and more. No tests! No homework! Course fees are exceptionally low. Anyone is welcome. A yearly membership in the Institute is only \$60 and includes a \$30 rebate voucher toward class tuition—a bargain indeed! CRI member privileges include priority at registration and four socials per year. To find out more, or to register, please contact CRI at Edmonds Community College, telephone 425-640-1390.



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**PRESIDENT** *from page 1*

as you are watching). All we need to do is ~~match~~ <sup>enter</sup> a person's name with a password, a few minutes of training, and he/she will have access to the areas.

That's all! No more learning html language and protocol. (Also just before I started this message I received an e-mail from Duane Daley, a fellow retired teacher from Kellogg Middle School in Shoreline. He lives in Klamath Falls, Oregon, and can now receive all this info via the web-site, too.)

**Retirement planning seminars**

Yes, folks, they are coming up sooner than we think. Again the Edmonds, Shoreline, Northshore and Mukilteo school districts will join forces with Sno-King School Retirees to give the Retirement Planning Seminars. The dates are February 27 and March 6, 13, 20

and 27 at the Edmonds School District Service Center, 20420 68th Ave West, Lynnwood. Watch for your district publications and flyers for the sessions being given and any changes.

And finally, I want to remind you that we do not have a meeting in January. Nor do we have a board meeting. I need to ask forgiveness for my not being at the November board meeting. It was a case of matter over mind. What mattered (about SKSR) didn't get to the mind. It just went right over because of many other pressing matters at the time. Sorry!



**HEALTH** *from page 4*

**New idea**

A private company is offering ultrasound screening for carotid vascular, abdominal aortic aneurysm, ankle brachial index and osteoporosis screening tests. Each test is in the \$35-40 range. The portable ultrasound equipment was set up November 10 at South County Senior Center, at Edmonds, one day only. The company claims the screening "Will quickly detect arterial abnormalities which can cause irregular blood flow, strokes, etc". Source: flyer from Life Line Screening, Cleveland Oh. 11/5/01

**Chocolate is good for you**

The darker, the better, according to a chemistry professor at the University of Scranton, Pennsylvania. Chocolate is extremely high in antioxidants, only tea could beat it. Honest, but ask your dentist!

# Remember why you became a teacher? So do we.

**Good teachers needed!** You love to teach. And at Sylvan, that's just what you get to do. Right now, we have after-school employment opportunities in communities throughout the Snohomish area for certified teachers of all grades. Our programs were developed by educators, and our 3:1 student-to-teacher ratio allows you to give each student personalized attention. The results speak for themselves. Last year, Sylvan helped more than 175,000 students dramatically improve their reading or math skills. Find out more. Call today.

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**HELP US WITH INFORMATION TO PUT IN THE BULLETIN**

The deadline for the next newsletter is **Sunday, January 13**.

Send news and other materials to

Jo or Bruce Caldwell, PO Box 1117, Edmonds WA 98020, [sksr@wmea.org](mailto: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](mailto: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, January 29, call Betty Odle (206-525-8276),

Ellie Bonnano (425-778-0751) or Ruthann Warren (206-367-0742).

**The changing SKSR scene**

This month an update for your *Directory* is included with this issue. The center pages can be taken out of this *Bulletin* and placed in your

*Directory*. All the new members, moves, new e-mails and deaths since the date of the *Directory's* publication are included with the insert.

**ONLINE WITH SKSR**

Our website has been updated and should be functioning by the time you receive this *Bulletin*. Rita Requa submitted some valuable information from the NW-1 Coordinating Council that could not be placed in this edition of the *Bulletin*, but it is now online. Go to the website, click on Newletters and then on NW-1 Council Minutes. Here's your chance to get some great information, have a chance to practice your online skills and take a look at the newly updated and user-friendly website. Get connected!

**[www.sksr.org](http://www.sksr.org)**

