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# SNO-KING SCHOOL RETIREES

# NEWS

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DECEMBER 1998

President: Don Denton, 425-672-6746 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

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## PRESIDENT'S MESSAGE

*December already! Where does the time go? On the other hand, our "active" members are wondering if winter break will ever begin.*

*Be sure to read Jack Rogers' Legislative Report on Page 2. Now that the elections are over, we have work to do. Our new legislators need to be made aware of how the retirement system sorks for people who retired back when salaries were far less than they are today. 60% of a salary earned 20 years ago doesn't go very far today.*

*Our December meeting is usually devoted to a seasonal music performed by students, sometimes at local schools. This year we have a special treat, the Rise and Shine Septet!*

*Rise & Shine is composed of seven local students ranging in age from 15 to 20. They play popular music from the 20s, 30s, and 40s including jazz and swing. Our members who heard them perform praised them highly and said we "must" get them to play for a meeting. We did!*

*Note, our December meeting will be held one week earlier than usual, December 10th, but at the usual meeting place (Edmonds School District Board room) at 1:30 PM. Please join us.*

*Remember, there is NO January meeting.*

*Don Denton*

OUR DECEMBER 10 MEETING FEATURES "RISE AND SHINE"

Come and bring your friends to the December 10 meeting in the Board Room of the Edmonds School District Office at 20420-68th Ave W, Lynnwood.

Rise and Shine is one of 6 bands which plays regularly at Seattle Center for the Saturday night Big Band dances. They also keep busy (aside from school and college) by playing at weddings, private parties, and anniversaries. They have also performed at the Sacramento Jazz Jubilee for the past 3 years and are going back again in May. They have played at festivals in Sequim, Olympia, Coos Bay, Whidbey Island, and Vancouver B.C.

This should be a great program to share with your friends - especially some of your retired teacher pals who may not belong to Sno-King. Try to bring a car full so we will have a good turnout for this wonderful group!

Hope to see you at 1:30 p.m. on December 10!

**COMING EVENTS**

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| December 10 1:30 PM  | Meeting at Edmonds School District Board Room-Music program - Rise & Shine - 7-piece band playing music from the 20s, 30s and 40s.   |
| December 18 8:00 AM  | Breakfast meeting with our state legislative representatives from the 1st, 21st, 32nd and 44th districts at the Lakeview Grill, 23000 Lakeview Drive, Montlake Terrace. (This is at the Lake Ballinger Golf Course Clubhouse). |
| No Board Meeting in December<br><b>NO MEETING IN JANUARY</b> |  |
| February 2, 1999   | Coordinating Council Meeting at Royal Fork in Mt. Vernon.  |
| February 11 1:00 PM  | Board Meeting at Northgate Washington State AARP Office, 9750-3rd AVE NE #102.   |
| February 18 1:30 PM  | Financial Planning for Seniors - Jim Tremper, CFP, Edmonds School District Board Room.   |

**MEMBERSHIP EXPANSION COMMITTEE - Don Denton, Chair, 425-672-6746**

It is not a very cheery thought, but did you know that our state organization, WSRTA, loses hundreds of members each year because of death? Yet, there are many new retirees, non-member previous retirees, and actives who are concerned about retirement to replace them. They exist, but many are not members!

We just have to convince them that "belonging" is worthwhile. It is our show of strength when asking the legislature for improved retirement benefits. Have you invited a non-member to join? Get in on the membership contest! Win a trip! Call me for details or forms.

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

Gordie Smith is home for the hospital in time for Thanksgiving. Our best wishes for his good health.

Elbert Honeycutt is in Providence Hospital in intensive care after serious heart surgery. Please keep him in your prayers. Our prayers, too, for his wife, lone, who has been with him every day. Only family are allowed to be with him.

Edith Bowers has a brand new right knee to match the left one installed 5 years ago. She says that this is the last piece by piece replacement of parts, and needs a whole new body! Our wishes for a speedy recovery!

Phyllis Enger goes in for more tests on her heart - we hope that they will determine that a special diet will take care of the problem so she will not need surgery.

We're glad to hear that Mary Beth Gulley is feeling much better after a series of heart problems starting the end of September. In November she received a pace maker, and is now feeling great. Our wishes for her continued improved health!

Please let our Sunshine Committee know if you are in need of "sunshine" or if you know of any of our members who need a cheery thought.

**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.

Fall dates are: December 9 and 10. Winter dates are: January 13-14, 1999, February 10-11, March 10-11. 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.

**REQUEST:** Do you have a good idea for our yearly community service project this Spring? Please call me with your ideas - we have had a lot a fun working together on these projects.

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

Members are encouraged to attend a Sno-King hosted breakfast meeting with our state legislative representatives from the 1st, 21st, 32nd and 44th districts. The meeting is scheduled for Friday, December 18 at 8:00 a.m. at the Lakeview Grill, 23000 Lakeview Drive, Mountlake Terrace. (This is at the Lake Ballinger Golf Course Clubhouse.)

It is important that we have this opportunity to speak with our representatives before the Legislature convenes in January. Be prepared to share your experience with the deterioration of your pension funds. While it is very important that we have a good turnout of members who reside in the 1st, 21st, 32nd and 44th districts, we encourage any of our members to come.

All of us are concerned about the issues that involve our benefits and we need to share these concerns.

The breakfast is paid with local and state organization funds. In order to plan for the correct number, we MUST have an RSVP BY DECEMBER 7TH. RSVP to Jack Rogers, 206-367-7153.

TRAVEL IDEAS AND TIPS

Terri Malinowski

For retirees, one of the bonuses is being able to seek sunshine in January and February when the weather here can be gloomy.

Destinations can be as exotic as Caribbean or Mediterranean cruises, such as those enjoyed by the *Bill Borgerts* and *Earl Garrisons* recently. Or they can be as simple as a few, budget-minded weeks in the warm desert air of the Phoenix area or Palm Springs, CA.

The Borgerts and Garrisons took advantage of a Mediterranean cruise offered by Renaissance Cruise Lines (954/463-0982), based in Ft. Lauderdale, Fla. The quartet are good friends and former Edmonds educators - Bill Borgert was an elementary principal and central office administrator, while Earl Garrison was an elementary principal. Margie Borgert retired from Meadowdale School as a primary teacher and Betty Garrison was a school R.N.

They boarded the "Renaissance I" in Istanbul, Turkey, but their cruise package included airfare from San Francisco or New York. "In retrospect, we would have investigated alternate flight options with the cruise company rather than just letting them set up our departure from San Francisco," Margie Borgert said. "Since we had to make our own way to either U.S. Departure point, we could have flown to New York instead and enjoyed some touring there, too, as well as arriving in Istanbul a couple of days earlier."

The Garrisons and Borgerts were very pleased with the cruise, praising both the accommodations and the itinerary. The ship carries 680 passengers and offers more options than the larger liners do.

"We didn't have to eat dinner at a specified seating, and we weren't assigned dinner table partners for the cruise," Margie Borgert said. "Two of the restaurants, Italian and grill, took reservations, but the third restaurant was huge, and we were free to eat anytime after 6 p.m. at any table."

The four also enjoyed the two nightly floor shows and the ship's access to CNN-TV so they could stay current with news and events of the day.

In Istanbul, they took advantage of a pre-boarding tour to visit one of the local carpet outlets and see how rugs are woven. Once the 10-day cruise got under way, they found themselves at places they'd only read about in ancient history books: Ephesus and Kusadasi in Turkey, the Greek island of Rhodes, and Lindos built in 6000 B.C.

The ruins in Ephesus and Lindos fascinated the quartet, as did the leisurely journey along the west coast of Turkey. Continuing down the eastern reaches of the Mediterranean with a stop at Limassol, Cyprus, the travelers bypassed Syria and Lebanon and arrived in Israel where they made port at Haifa.

We were also astonished to find that Israel exports a great many diamonds and were able to see where the exporting takes place," Margie explained.

In 90-degree weather, they motored to the Jordan River and the sea of Galilee, Nazareth, the Church of the Annunciation and the sites of the Rock of Peter and the Sermon on the Mount. After the ship moved to the port of Ashdod, Israel, the four journeyed to Jerusalem, Bethlehem and the heavily guarded Wailing Wall.

Looping back north through the Mediterranean, the ship made the island of Crete its last stop before tying up in Athens. Staying in Athens overnight, the travelers spent a day seeing such treasured sites as the Acropolis and the Parthenon, before flying home the next day.

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At the other end of the sun-seeker spectrum, check out (800)417-3529 or their internet address, [www.desert-resorts.com](http://www.desert-resorts.com), to find hotel discounts and other deals in Palm Springs. Or call the city's free reservation service, (800)347-7746, and the Visitor Information Center can help you find accommodations to meet your budget and needs.

You may want to try the lush resorts and golf courses, of course. But if you just want to have a family gathering, explore this historic old desert town and/or get some sun, there are a number of 1930s-style inns and quiet, laid-back motels, all with pools. They are far-removed from the spas of rich retirees and film stars.

We found a number of small inns and motels (some with kitchenettes, or just refrigerators and microwaves) at rates ranging from \$69 to \$109 for February. Round-trip airfares have been \$180 to \$220 between Seattle and Ontario, CA. (same price as Los Angeles/LAX, but only a 90-minute drive to Palm Springs). With a rental car, you have your transfer covered, plus mobility to explore high desert, date groves and sprawling Palm Springs itself during your stay. During the winter months, there are symphony and philharmonic concerts, art shows, fiestas, the Desert Museum and even the National Date Festival in late February.

If you have questions, information or a contribution for this column, call Terri Malinowski, 425-483-8344 or email her at [terrim@accessone.com](mailto:terrim@accessone.com)

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★ RETIREMENT PLANNING - Phyllis Enger, Chair - 425-486-1127 ★  
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★ It is never too early, or too late, to begin planning for your retirement. Sno-King is again ★  
★ preparing to present a Retirement Seminar, beginning January 13, 1999. Sno-King School ★  
★ Retirees, together with Edmonds, Northshore and Shoreline School Districts, have been presenting ★  
★ these workshops for over twenty years. ★

★ The dates for this school year are: January 13, 1999, January 20, 1999, January 27, 1999 ★  
★ and February 10, 1999. They will be held in the Edmonds School District Board Room at 7 pm on ★  
★ Wednesdays. ★

★ Applications will be available through your Human Resource Department, or you may call ★  
★ Phyllis Enger, 425-486-1177 for more information. Save the dates! ★

★ Retirees, help is needed in handing out packets to the participants, and helping serve ★  
★ refreshments. Call Phyllis if you can help. ★

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

**CHEERY NEWS ON ANESTHESIA** - In past years, patients under general anesthesia were required to spend hours waking up and recovering, even after minor surgery. Now, a University of Chicago study, Oct. '98, found 40 percent of the people who had out patient surgery could walk out and go home. That's because anesthesiologists have better drugs and use smaller doses more effectively.

Today, a patient could have surgery at 7 AM and be on the way home an hour later - according to Dr. Jeffery Apfelbaum, University of Chicago, who stated, "We believe this pattern of care will be the norm in five years, not only because it's safe, but because patient satisfaction is so tremendous".

**EVER HEAR OF PNEUMONIA VACCINATIONS?** These can be taken at the same time as flu shots, are covered under Medicare, and need to be taken only once in a lifetime. People over 65 and those younger who have chronic illnesses or damaged immune systems are urged to have this pneumococcal vaccine to protect against flu and pneumonia high risk combinations of those diseases.

**RESEARCH - 5-YEAR STUDY ON PREVENTION OF HEART PROBLEMS** - According to Dr. Sandra Lewis, Director of Research at the Portland, Oregon Cardiovascular Institute at Legacy Good Samaritan Hospital, the study of patients, 65-75 years old, who had previous heart attacks, cut their risk of additional strokes or heart attacks by use of a drug, Pravastatin. Of the 1283 patients in 80 cities, the drug seems important in preventing the need for angioplasty to widen narrow arteries and bypass surgery to improve blood flow to the heart. All of the participants were on a strict low cholesterol diet, but half were on a placebo, and half on the brand name of the drug "pravachol". Other similar drugs are Zoco/simvastatin, etc. The desired level of cholesterol is 200 or less, and these patients reduced the risk of death from heart disease by 45 percent.

Several of our SNO-KING members have been on this program for many years. Caution - almost all drugs have some side effects for some people.

**LATEST ON EYE SURGERY** - A procedure called "Lasik" takes the place of radial keratotomy which had limits of time required to heal and some surgeons had difficulty with the accuracy of the eye repair. In the new procedure, Lasik (laser assisted insitu Keratomileusis), the outer layer of the cornea is peeled back to allow treatment of the tissue and then replaced. The procedure takes about two minutes and can correct near sightedness, astigmatism, and other focusing problems created by irregularities in the curvature of the eye. About 98 percent of all patients will be able to function independently without glasses after lazer surgery, according to Dr. Terrance P. O'Brien with John Hopkins Wilmer Eye Institute. There are negatives - the procedure costs \$1,500 to \$2,750 for each eye, insurance companies don't pay because it is classed as "cosmetic surgery". There is no guarantee of 20/20 vision and almost everyone will eventually need reading glasses anyway. Dr. Peter McDonnell, Chairman of the American Academy of Ophthalmology's Refractory Surgery Group says about one percent have had worse vision even with glasses after the Lasik procedure which could end the career of airplane pilots and otherers where 20/20 vision is required.

**OBESITY MAY BE LINKED TO LOW BIRTH WEIGHT** - undernourished in the womb, and then overfed to catch up. A study of 4400 U.S. children as reported in Nov. '98 PEDIATRICS by the lead author Mary L. Hediger, who advises parents not to overfeed their babies - to feed them nutritional foods, and consult with doctors on exercises programs that could keep underweight infants from becoming obese adults.

In other studies, the National Institute of Health, in a '98 report states that 55 percent of American adults are overweight or obese, up from 43 percent in 1960, which raises the risk of heart trouble and increases the cost of health care. One of the studies by Dr. Graham Colditz of Harvard Medical School shows the effects of too much weight can be dramatic - a man of ordinary weight, age 45-54 faces a 35 percent chance of coronary heart disease, 38 percent for mildly obese, up to 48 percent for the severely obese. Slightly lower results apply to women.

Rev. Dale Turner gives us a little chuckle on this: **TOO MANY SQUARE MEALS MADE ROUND PEOPLE AND THE MINUTES SPENT AT THE DINNER TABLE WILL NOT MAKE YOU FAT, BUT THE SECONDS WILL!**

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**SNO-KING AWARDS FOUR GRANTS TO ACTIVE MEMBERS**

Four Mini-grants totaling \$900 have been awarded to active Sno-King members. The Mini-Grant Committee of Ellie Bonanno, Ruthanne Warren, Andrea Boushey and Rita Requa, were impressed with the creativity on the part of the applicants. "The common theme of all the grants was literacy," stated the Committee Chair Rita Requa. Future feature articles about these mini-grant projects are planned.

Dean Jamieson, Westgate Elementary in Edmonds, will use the moneys to buy tee-shirts for each student for the "Trucker Buddy" program. The Trucker Buddy program entails active correspondence with "Trucker Paul" on his trips around the USA. "The students will have a unifying memento to feel pride and accomplishment in their efforts," says Dean.

Doris Fulton, from Hilltop Elementary in Edmonds, will use funds to purchase books for a research project on various Native American tribes. She notes that not only will the students have materials on their reading level, but will also learn "the skills necessary for research reports in addition to developing a better understanding of Native Americans."

Julia P. Sischo, Librarian/Media Resource Specialist at Highland Terrace Elementary in Shoreline will use money to buy tee-shirts for a 2nd grade class when they have accomplished their goal of being an "Independent Reader" in conjunction with the Accelerated Reading program. Students choose books within their reading "zone", read these books with a friend or an adult and have assistance taking computerized comprehension tests on the story. When they can read and take the test totally on their own, they become an "Independent Reader". This grant will help in the celebration of attaining that goal. Part of the program is the partner relationships between the second grade students and school retirees. "Visits to the classroom and a pen pal relationship would be very welcome," said Julia.

The last grant was submitted by Kathleen Cameron and Sharon Carson of Highland Terrace Elementary. The grant would purchase the book, Read To Me: Raising Kids Who Love to Read, for each family that participates in the "Family Literacy Nights" at Highland Terrace. This project would promote lifelong literacy and independent love of reading. Four evenings throughout the year have been planned. Not only will parents and students share quiet reading time together, but parents will take part in question and answer sessions with such topics as book selection, ways for parent to help children in reading, and strategies to support family reading habits. It is anticipated that 100 families will participate before the year ends.

**TREASURER'S REPORT - Donna Murrish, 206-363-5753**

Thanks to all of you who chose to purchase your '99 Entertainment Books through Sno-King School Retirees. Because of your wonderful response, we have realized nearly \$400.00 for the Scholarship Fund!

We started out with 42 books and to date have ordered an additional 5. Thank you all very much and I hope you'll really take a good look at your books and take advantage of the many savings.

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

A good sized group attended the tour of the Benaroya Hall last month. It's a beautiful building and a splendid addition to Seattle.

Please call Barbara if you have ideas for future mini-trips.

**ANOTHER CHANCE TO VOLUNTEER**

Meadowdale Middle School (Edmonds) needs volunteers to read and score students' writings. It would be an hour and one-half to two hour commitment. For more information call Mike Prado, 425-670-7708.

**NEWS OF OUR MEMBERS**

Marilyn Beem spent 3 weeks touring Europe, a trip which included Bavaria, Salzburg, Austria, the Dolomites and Tuscany, the Lakes district, Cinqueterre and Venice in Italy. Earlier in Marilyn's career she had taught in Europe for the Department of Defense. Her roommate from that time lives in Venice and the two of them traveled together.

Marilyn experienced the emergency room at an Italian hospital and was diagnosed with bronchitis. Armed with mega doses of medicine, she said it didn't stop her from enjoying the trip. Doesn't that sound like Marilyn to keep on going? (Ellie Bonanno)

In the month of October, Edmonds retiree, Lorna Turcott, enjoyed a trip to her home area in Minnesota, with a sister from Arizona. Renewing life long friendship memories and family were very special. They sang their way thru the prairies and had a great time taking in North America's largest Scandinavian Festival at Minot, North Dakota. Lorna says that every hour of her trip was wonderful.

Arline Ryder sends her new address: 5335 Countryside Beach Drive Northwest, Olympia, WA 98502, Phone 360-867-0848. She sends this message: "Our 3-1/2 year sojourn in Indonesia and other trips to far-away places have prevented my participating in Sno-King Retirees activities. I hope that those who still remember me will contact us at our new address where we are learning to truly enjoy our Golden Years."

**FEBRUARY BULLETIN WILL CONTAIN CORRECTIONS AND CHANGES OF ADDRESS**

Please call or send any corrections or changes to the new Roster to Betty Odle, 2137 N 86th ST, Seattle, WA 98103, or phone: 206-525-8276.

We have already received a number of changes, but are sure there must be more.

We would especially like to hear from the people who are now Kenmore residents.

News deadline for FEBRUARY Bulletin is JANUARY 19, 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, 425-672-6746 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.