

# Sno-King School Retirees



February 2003

## The SKSR Bulletin

A message from our president

### A new year, renewed energy

by Alice Bingaman, 425-778-1343



The holidays are past. Some of us may give a sigh of relief that those very busy days are behind us; some of us may wish they hadn't gone by so fast. Still, the old year is gone, and with the ending of that year we have a new beginning—a new year.

With the starting of the new year, we look ahead to what we'd like to accomplish. We are renewed with the bright promise, energy and hope to make changes in the coming year to better our lives. We often resolve to lose weight, get more exercise, become more involved, volunteer, etc. We want to make changes which we believe will make us healthier, happier, etc. Often, after a month or two we become discouraged and drop our resolutions as too difficult to achieve, rather than modify them more realistically. We feel defeated and quit trying.

Our battles to realize a pension plan with a true COLA is a long-standing one. We probably feel we are trying to climb a steep hill and making little progress. Though this is a long-standing goal, and it may seem redundant to state it again, we must not lose sight of the fact that after age 66 we actually do receive an annual increase, though minimal, so we have made a gain. We need to build on that now that we have a "foot in the door." With the passage of the firefighters/police initiative, giving them more control over their pension fund, we need to start early this year on a similar initiative for school retirees.

By getting more people involved, working with legislators (or potential ones) who are sympathetic to our cause, we can make changes to give us greater control. We need to help elect those who will advance our agenda. It will encourage more active involvement of our membership. And we need to expand our membership. We have the resources and must increase our efforts to fully utilize them. We need to have an important presence in our community and have our voices heard.

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A successful project

by Donna Murrish, event chair

It was another successful year for the Entertainment Book sales project. We were able to add \$346 to our scholarship fund, thanks to those of you who purchased and/or sold books. Very special thanks go to Patricia Cornwell for the super job she did by selling 13 books herself!

Sales were better than we had anticipated, largely due to the drop in price this year. We've been told that the books will remain at \$30 for next year also and that some new items have been added as well, such as car care and Starbucks.

Entertainment book sales run from the end of August until the first part of December. Money and any unsold books all have to be turned in by the middle of December. I mention this so you can plan ahead for next season. At \$30, you can't go wrong!



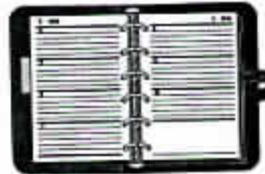
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MARK YOUR DATEBOOK

Coming Events for Sno-King School Retirees

February 20 .....	General Meeting Edmonds Educational Service Center Dick Sacksteder's travel slides
March 20 .....	Joint Meeting with East King Luncheon
April 17 .....	Scholarship Luncheon, Noon Edmonds Unitarian Church Election of Officers
May 15 .....	Joint Meeting with Sno-Isle Luncheon
June 19 .....	General Meeting Edmonds Educational Service Center Installation of Officers
July 17 .....	Picnic Edmonds City Park

Welcome New Retirees

SKSR Board Meetings  
1:00 PM, Edmonds SD ESC  
20420 68th Ave W, Lynnwood  
Everyone welcome!

February 13  
March 13  
April 10

May 8  
June 12

## Our next meeting

Thursday, February 20, SKSR will hold its monthly meeting at the Edmonds School District Educational Service Center. The 1:00 meeting will feature Dick Sacksteder's discussion and travel slides.

The ESD is located at 20420 68th Avenue West in Lynnwood. Come and bring a friend.

## Vote February 4

School elections will be held in the Edmonds, Northshore and Shoreline School Districts on Tuesday, February 4.

Do your part for our local education and VOTE.



## SKSR 2003 Grants Awarded

by Rita Requa, grant committee chair

A record number of applicants sought grants from Sno-King School Retirees this past fall. SKSR is pleased to announce grants awarded to the following active members:

**Nanette Peppin:** Grades 3/4, Maplewood, Edmonds, for Pro-scope computer add-on.

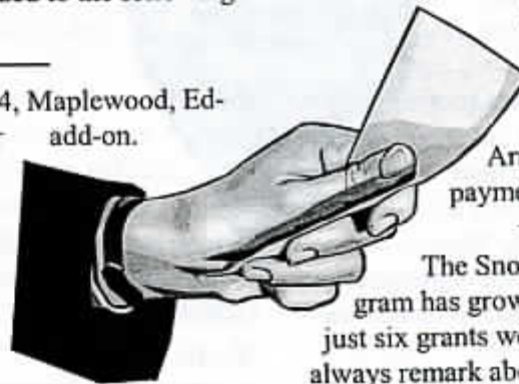
**Sue Nies:** Grade 2, Ridgecrest, Shoreline, for special art supplies.

**Karen Guthrie:** Grade 3, Meridian Park, Shoreline, for materials for building "long house" for social studies unit.

**Jerrie Drinkwine:** Social Studies, Leota Junior High, Northshore, for English/Spanish dictionaries.

**Kim Copeland:** Grades 4-6, Madrona, Edmonds, for Storypath social studies curriculum materials.

**Patti Boyle:** Grade 2, Chase Lake, Edmonds, for computer software.



**Linda Belz:** primary teacher, Maplewood, Edmonds, for material to make analog clocks. (A clock made by her students will be made available for our Spring Raffle at the Scholarship Luncheon.)

**Jeanne Johnson:** Librarian, Canyon Creek, Northshore, for reading materials for book club.

**Arlene McLeod:** Social Studies, Secondary Academy, Northshore, for sewing materials.

**Susan Jackson:** Grades 3-4, Arrowhead, Northshore, for partial payment for field trip to Mt. St. Helens.

The Sno-King School Retirees Grants program has grown since its inception in 1999, when just six grants were awarded. Committee members always remark about the variety and creativity of our active members. Grants have been used to purchase computer software, t-shirts, caps, materials for special projects, time clocks for chess, special supplies and field trip expenses.

# 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. Graduates may have a 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.



February 19-20  
March 19-20

April 16-17  
May 21-22  
June 25-26

## Health tips for you Have a heart

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

### Latest on high blood pressure drugs

A new comprehensive study has found that old-fashioned low-cost water pills (thiazide diuretics) are as good or better than ACE inhibitors and calcium channel blockers in treating high blood pressure (hypertension).

This can be good news—big dollar savings. Diuretics cost about \$25 a year compared with about \$250 for ACE inhibitors and \$500 for calcium channel blockers. It is puzzling that it took so many years to discover, but for the 50 million Americans who have high blood pressure (and their doctors), the evidence is overwhelming and overdue. The largest study lasted eight years, with 35,000 participants. Results were published December 18, 2002, in the *Journal of the American Medical Association*. Summing up the study results, Dr. Jeffrey Probstfield, professor of cardiology at the University of Washington School of Medicine said, "If you currently are being treated for high blood pressure, there potentially is a better way for you to be treated." He was a participant in the study.

Probably not every patient will be able to switch to the water pill, but ask your doctor for options.

Source: "Hypertension Hype," by Christine Gorman, *Time*, January 6, 2002, P. 158; "Diuretics are best for hypertension" by Gina Kim, *Seattle Times*, December 18, 2002, P. A6.

### Style of walking may indicate serious problems

Abnormal walking patterns in elderly people may be an early warning of medical problems for which there is no medical predictor. In a recent report in the *New England Journal of Medicine*, Dr. Joe Verghese, neurology professor at the Albert Einstein College of Medicine and his staff followed 422 people in their 70s, 80s and 90s for seven years. Most had normal walk patterns when the study began.

Researchers found that patients who developed abnormal gaits were three and one-half times more likely to have vascular dementia, usually caused by a stroke—different from Alzheimer's. Three types of gaits were: "hemiparetic gait" in which legs swing outward in a semi-circle, "frontal gate" which is short steps with feet barely leaving the floor and "unsteady gait," marked by swaying and loss of balance. Commenting on the study, the chief of the National Institute on

Aging Dementia, Dr. Neil Buckholtz, said, "This idea of looking at gait as a predictor of dementia is now. It's interesting, it's believable."

The importance of this study is that patients with abnormal gaits could be given medications to ward off vascular dementia or strokes and extend their healthy lives.

Source: *New England Journal of Medicine*, November 28, 2002, and Associated Press article by Linda A. Johnson, *Seattle Times*, November 29, 2002.

### Mental massage

An elderly woman went to the hospital admittance office and was handed forms to fill out. She took the completed forms to the clerk, who asked why she had come to the hospital. "Well, I came to visit a friend, but the paperwork took so long there won't be time."

And the new AARP *Modern Maturity* offers health- and self-care advice: live longer; look younger, healthier, happier. January/February, 2003, pp 14-15.

### Mayo says about your heart

Normally your heart recirculates over 2000 gallons of blood through your body each day. With age, pumping ability declines gradually, and with no symptoms, the heart may have enlarged to compensate for lowered pumping ability. To compensate, your heart muscle may thicken and beat faster. You may experience shortness of breath with exertion or even lying down, or unexplained persistent cough. Tests would include blood, X-rays and treadmill. Treatment that prolongs life will include medications, diet restrictions, regular exercises and weight control.

Source: *Mayo Health Letter*, December 2002, pp 1-3.

### Brightest lights at the end of the tunnel

Stents (wire coil) have been used to keep arteries open, but sometimes clogging occurs within months in



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see HEALTH on page 6

Traveling with Terri

## Tabasco country

by Terri Malinowski, travel chair, 425-483-8344—[terrim1@earthlink.net](mailto:terrim1@earthlink.net)

As the new year turns the corner and heads toward spring, it's possible to contemplate some spring-time destinations. One of our favorites in the past has been the deep South. Spring is a time when temperatures are moderate, not steamy, and flowers blossom everywhere.

We were scheduled to be in San Antonio for a conference, so we flew into Houston a week early and rented a car. The trip from Houston across the line into Louisiana used up a day, but it was a real change of pace for someone from the Northwest. Black-iron barbecue ovens stood alongside the highway at frequent intervals, and the offerings available were as varied as the barbecuers themselves. The ovens were easy to spot from a distance because of the fragrant smoke billowing from the top.

We entered Louisiana through the town of Lake Charles and spent the night there. We asked the motel proprietor for a restaurant suggestion. She sent us to a real down-home cafe, where we enjoyed another treat for Northwesterners: fried catfish, as much as we could eat!

Our next day's journey took us through Lafayette, a city of magnificent gardens. If we had been there in March, we could have taken the 25-mile Azalea Trail, ablaze with a variety of colors. The town also has its own Mardi Gras celebration in February or March, quite apart from its more-famous neighbor to the southeast.

Loafing along toward our destination of New Orleans, we checked out a couple of places that have been on my must-see list since I was a child. One was St. Martinsville, home of the Evangeline Oak, made famous by Longfellow's poem, "Evangeline." From American literature class days of yore, I've wanted to see the home of the Acadian refugees who fled Canada long ago. St. Martinsville with its charming Acadian cottages didn't disappoint me, as I stood beneath the classic oak.

Just to the north is Beaux Bridge, which bills itself as the "crawfish capital of the world." Another first for us: a crawfish lunch that day!

My other must-see destination was what some might consider an oddity. I've read the label on a bottle of Tabasco sauce for years and been intrigued by the sauce's point of origin, Avery Island in New Iberia, La. So one of our stops had to be Avery Island, which is actually a salt dome that rises from a flat marshland

south of New Iberia. Avery Island is also the home of Bird City, a large sanctuary that has egret rookeries.

A quaint white bridge leads over a small channel onto the island, lush with tropical foliage and gardens. Fields of small, hot red peppers surround the small factory that produces those bottles of Tabasco sauce. We were invited to tour the production line, where women garbed in pristine white aprons and caps were packing the bottles as they came off the line. The air was redolent of peppery sauce, and the whole atmosphere was one of a cottage industry. In fact, we were the only visitors and were presented with small bottles of Tabasco sauce.

Still ahead was our primary destination, a city both of us have wanted to see for years: New Orleans. The combination of jazz, Cajun food, bayous, plantations and French culture was an irresistible prospect. It's an easy city to get around in. The French Quarter is compact enough to see on a pedestrian basis, and the rest of the city has excellent bus service. We decided to park the car for the duration and enjoy the narrow streets and charming alleys on foot.

Join us next month for a tour of "The Big Easy" and maybe you'll make this area a springtime destination, too.

For contributions or questions, call Terri Malinowski, 425-483-8344 or email her at [terrim1@earthlink.net](mailto:terrim1@earthlink.net)



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## Our membership chair speaks Still working?

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

**N**ot retired and still working for a school district? This article is for you!

You are what we call an "Active member," one of over 400 in our Sno-King unit, one third of our membership. We thank you for your \$4.00 monthly dues when you are not even retired yet.

What do you get for your \$48 per year? Your dues help support our local unit and state WSSRA office in Lacey and all of our legislative tracking and lobbying. The goal, of course, is to improve our retirement system, to make it a better system by the time you retire.

Currently, those of us in Plan 1 are locked into the same dollar amount of pension for life, except for a small gains-sharing starting at age 66. School employees who retired years ago with lower salaries receive very small pensions, many less than \$500 per month. We are working to fix that. The gains-sharing, which was added a few years ago during better times, was a good but slow start.

The legislature controls our retirement. They believe that our retirement funds are "their" money, and that investment gains made by the funds can be used to balance the state budget. We believe that the funds are a sacred trust (our money), and that we should receive a greater share of the investment gains. Getting them to change their minds is difficult, especially in tight budget years.

We complain about the cost of medical insurance because it is subtracted from our pensions. But it could be worse. Because of our efforts, the state essentially subsidi-

## Washington Pension Reform, Inc

by Jack Rogers, legislative chair

WPRI is a non-profit organization similar to pension advocate groups found in other states. This fairly new organization, under the leadership of Ed Jungblom and Kathy Reim, is attempting to organize the participants of all state pension members and to speak with one voice to the legislature.

If they succeed in their mission to gain support from all groups, we stand to increase our chances for pension reform in the state. Currently, each pension group speaks separately to the legislature. Over time the legislature has also responded separately to each group and, as a result, there is significant disparity among various pension plans.

WPRI intends to file a pension governance initiative early this year. With 500,000 active and retired employees in the state's retirement system, there is a great potential for getting it to the ballot this fall. The LEOFF 2 folks were successful with I-790, so the signs are encouraging.

We need to support the efforts of this group both financially and with volunteer time. They have set an annual dues of \$36. I think they are worth a try.

### Contact them:

Washington Pension Reform, Inc  
PMB 326  
3430 Pacific Ave. S.E. A6  
Olympia, WA 98501  
1-888-312-2777  
email: [ander4106@aol.com](mailto:ander4106@aol.com)  
website: [www.wpri.org](http://www.wpri.org)

dizes out insurance by about \$150 per person per month. For Medicare participants (over age 65), the subsidy is even greater and is increasing. We have quality medical coverage, but we are still working to keep the cost down.

So, Active Members, we thank you for belonging to Sno-King and WSSRA and for helping to improve retirement for us all. Please share this article with your colleagues and invite them to join, too. Information and a membership form may be obtained from our web site, [www.sksr.org](http://www.sksr.org). The form may be mailed to the state office in Lacey or to our Seattle PO box.

Please call or email me with your questions.

Have you considered the possibility of needing extended personal care because of an accident, dementia, or frailty.

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## HEALTH from page 4

the same place. Mayo Clinic has a research study using stents coated with a drug called "sirolimus" (rapamune). Results show enough promise that the FDA is expected to approve in 2003.

Source: *Mayo Health Letter*, December 2002, P. 4

## New treatment for MS

No cure, but a drug "antegren" reduces the number of new lesions in the brain. Watch for more information later.

Source: *New England Journal of Medicine*, January 2, 2003.

## Race to preserve your memory

Researchers Dr. Eric Kancel, Nobel Prize 2000, and Dr. Timothy Tully, New York Cold Springs Harbor Laboratory, have staffs trying to improve memory, Alzheimer's, and reverse memory loss for all of us. Please read *Readers' Digest* article by Robert Langreth, January 2003, pp 128-133.



Representative Kagi

### Legislators join us for breakfast

The annual SKSR legislative breakfast was held at the Edmonds Masonic Temple in December. It brought two long-time legislators to speak to and with our members. Both shared their concerns about the budget as well as their concerns for retirees.

Senator Paul Shin (D), from the 21st District and Representative Ruth Kagi (D) from the 32nd District attended the breakfast and addressed the membership. It was clear that each of them was a strong advocate for improved retirement benefits as well as being supportive of public education funding.



Senator Shin

## Remembering . . .

### SKSR Members

#### Gerald Bergloff



Gerald passed away December 24 at his home in Bothell. Born and raised in the

Spokane area, he returned there after college to teach. He then became an educator in the Seattle area for 30 years.

He was an avid fisherman, woodworker, sports fan and jazz enthusiast.

He is survived by his wife, Shirley, three children, two grandchildren and a brother.

#### James W. Clemans



A native of Snohomish and retired educator from the Edmonds School District, Jim passed away December 13 at the age of 78.

He had worked in the district through the years of rapid growth and was known to students and faculty throughout the district where he had been a teacher, coach, and building administrator.

### Wes Grande

A longtime Edmonds educator, Wes died unexpectedly this fall. He taught special education for many years at Mountlake Terrace High School.

After retirement, Wes served SKSR as a retirement planning coordinator and treasurer. Wes and Wanda often attended WSSRA conferences.

Wes lived his life to the fullest. He loved the outdoors, mountain climbing, hiking, skiing, playing squash, traveling and spending time with his family and friends.

Wes is survived by his wife, Wanda, and two daughters.

#### Marilyn Grube

Born and raised in the Midwest, Marilyn taught in Waverly and



Dubuque, Iowa, before moving west and teaching in Cheney and Edmonds. Marilyn spent several years at Martha Lake and Meadowdale elementaries.

After retiring in 1991, she and her husband, Clair, traveled extensively, visiting all 50 states during those years.

### Friends of SKSR

#### Betty Ann Becker

Betty, a former Edmonds School District teacher, passed away December 12 after a long illness.

#### Gertrude Benson

Gertrude passed away in December. She taught in the Edmonds School District and was the widow of former Edmonds School District administrator Geofge Benson.

#### Don Ridge



Longtime Meadowdale High School teacher Don Ridge passed away

December 6 at the age of 71.

#### Harold A. Stevenson



Harold, a veteran teacher, coach and administrator in the Edmonds School District, passed away in November.

#### Pat Shier

Pat, the wife of former Edmonds School District teacher and administrator, Al Shier, passed away last fall.



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

The deadline for the next newsletter is 8:00 AM, **Sunday, February 16.**

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, [terrim1@earthlink.net](mailto:terrim1@earthlink.net), 425-483-8344.

Address, phone or e-mail changes should be sent to Donna Murrish, [dmurrish@aol.com](mailto:dmurrish@aol.com) or 206-363-5753

If you know of illness, please call Sunshine Co-Chairs, Winnie Smith (425-778-3979) or Pat Jones (425-787-2727).

To help with mailing our next *Bulletin* on Tuesday, February 25, call Betty Odle (206-525-8276),  
 Ellie Bonnano (425-778-0751) or Ruthann Warren (206-367-0742).

**The Changing Scene**

Pg 6 Chamberland, Barbara 206-382-3702  
 Pg 7 Clarke, Arlis 428 N. Carpenter Rd, Snohomish 98290  
 Pg 9 Dean, Patricia J P.O. Box 673, Mountlake Terrace 98043  
 deanp@edmonds.wednet.edu  
 Pg 14 Greenland, Christy 360-652-8784  
 Pg 19 Joramo, Sivert 1430 W Casino Rd #363, Everett 98204, 425-513-0476  
 Pg 31 Rasmussen, Darrell 18925 89th Ave E, Puyallup 98375-6147, 253-262-1754

**Information Change**

Pg 32 Requa, Rita C [requa@earthlink.net](mailto:requa@earthlink.net)  
 Pg 32 Rice, Carolyn A 312 Highland Dr, Edmonds 98020  
 Pg 33 Roy, Sharon A [srsroy@cs.com](mailto:srsroy@cs.com)  
 Pg 35 Sezate, Lisa 2437 NW 196th St, Shoreline 98177-2937, 206-533-0595  
 Pg 37 Spatz, Zdenka A 8820 Main St, Edmonds 98026-6929  
 Pg 37 Stokes, Bob H 425-257-9580  
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**New Members**

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 Pg 11 Engel, Aileen N 20202 170th Ave NE, Woodinville 98072

Pg 29 Pattison, Warren F 1201 6th Pl S, Edmonds 98020, 425-775-0575

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**Deceased Members**

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