



# RETIRED TEACHERS ASSOCIATION

FEBRUARY 1987

PRESIDENT'S MESSAGE

# BULLETIN

Things may be quiet around your home this month, but our legislators in Olympia are busy. And let's KEEP them busy with our letters and phone calls advocating a COLA for retired teachers. Elsewhere in this Bulletin you will find legislators' names and addresses in Olympia. Also if you wish to volunteer for our legislative telephone tree, please call Winnifred Smith at 778-3979.

For those who did not attend the December meeting, Jim Becker won the knit sweater and Gordon Bower, the beret, in our raffle drawing.

We teachers should be very much interested in our February 19 meeting when Dr. Hal Reasby of the Edmonds District will discuss some current trends in education. Call a fellow teacher and you both come to hear what's new in the schoolhouse.

Marion Bellows

### CALENDAR OF EVENTS

February 11 - 1:30 p.m. Board Meeting - Pat Svendsen, 15515 Larch Way North, Alderwood Manor (pre-retirement workshop beforehand)

\* \* February 19 - 1:30 p.m. Meeting in Board Room, Dr. Hal Reasby on "Current Trends in Education."

February 24 - 7:00 p.m. Pre-Retirement Seminar, first of five sessions, Edmonds High School Cafeteria, Virginia Foust, Olympia.

March 3 - 9:00 a.m. Co-ordinating Council, Sno-Isle Skills Center.

March 11 - 1:30 p.m. Board Meeting

March 19 - 1:30 p.m. Meeting in Board Room, Dick Sacksteder with his slides on Japan.

### WASHINGTON STATE RETIRED TEACHERS ASSOCIATION

Local Unit No. 23, Sno-King RTA

NAME \_\_\_\_\_ PHONE \_\_\_\_\_

ADDRESS (Summer) \_\_\_\_\_

ADDRESS (Winter) \_\_\_\_\_

RETIREMENT NUMBER \_\_\_\_\_ SOCIAL SECURITY NO. \_\_\_\_\_ LEGISLATIVE DISTRICT \_\_\_\_\_

I authorize the Washington Teachers Retirement System to deduct the following dues from my monthly retirement allowance and to pay such deduction to the Washington State Retired Teachers Association.

I agree to keep this deduction in force for the full membership year (July 1 through June 30). Should I wish to cancel ensuing deductions I will send a written notification of cancellation to WSRTA prior to May 1 to be effective July 1.

DUES DEDUCTION PLAN: (check) State (84¢) \_\_\_\_\_ Local (50¢) \_\_\_\_\_ Total \_\_\_\_\_ per month

I prefer to pay yearly: (check) State Dues (\$10) \_\_\_\_\_ Local Dues (\$6) \_\_\_\_\_

ASSOCIATE DUES (For spouses and working educators ) Local (\$2)

DATE \_\_\_\_\_ SIGNATURE \_\_\_\_\_

(Mail this form to Sno-King RTA, P. O. Box 5253, Lynnwood, WA 98046-5253)

FEBRUARY HEALTH TIPS - 4 REASONS TO KEEP EXERCISING

1. APETITE DEPRESSANT. Contrary to popular belief, moderate exercise tends to decrease one's appetite; that's one reason why getting a little exercise before dinner is such a good idea.
2. GIRTH CONTROL. Although you don't burn up a whole lot of calories during exercise (it takes 19 minutes of walking to "lose" 10 potato chips), the benefits go on long after you've hung up your sneakers. Regular exercise helps increase one's metabolism so that even while you're resting you're burning up more calories than the non-exerciser.
3. ANTIDEPRESSANT. There is increasing evidence that regular exercise can be as effective as an antidepressant as psychotherapy in many cases.
4. STRESS REDUCER. When faced with a stressful situation, our bodies automatically become primed for combat or quick retreat (fight or flight). Exercise allows the muscles that have been alerted for duty to do their thing, and uses up the adrenaline coursing through the bloodstream.

## COLA QUIZ

O.K. folks step right up and be good sports and take our little quiz. Score your own answers and see how you rate.

- No. 1 The money to pay retired teachers in this state comes directly from (A) annual appropriations of the Legislature, (B) sales and property taxes collected each year by state agencies, (C) Trust Funds of the six pension systems, (D) the Pension Reserve Account administered by the Department of Public Instruction.
- No. 2 The source of all funds that make up the Trust Fund comes from (A) active teachers' contributions, (B) employer's contributions, (C) investment earnings of the Fund itself, (D) all of the above.
- No. 3 The Investment Board which manages the investment of the funds in the Trust Fund was able to earn a return of approximately what rate of interest for the year 1985? (A) 3.1%, (B) 7.2% (C) 16.9%, (D) 25.1%.
- No. 4 Each year the person who determines how much the state legislature should appropriate to the Trust Fund to provide for the current needs and the unfunded liability of the TRS is the (A) State Actuary, (B) Superintendent of Public Instruction, (C) Governor of the State, (D) Director of the Department of Retirement Systems.
- No. 5 As of December 31, 1985, the Trust Fund owned by the TRS was about (A) \$1.4 billion, (B) \$2.3 billion, (C) \$4.7 billion, (D) \$6.1 billion.
- No. 6 A very alarming concern of retired teachers in this state is the obvious need for (A) larger initial retirement pensions, (B) an ad hoc COLA similar to those received in 1979 and 1983, (C) better representation by retired teachers on the Investment Board, (C) an automatic annual cost of living adjustment to maintain the purchasing power of our pensions.
- No. 7 Actually since July 1, 1973 there has been a state law on the books that provides for automatic annual COLAs for retired public employees (retired teachers included). Which retirement system in this state has never received any benefit payments from this law? (A) Washington State Patrol, (B) Judicial Retirement System, (C) Law Enforcement Officers and Firefighters, (D) Teachers Retirement System.
- No. 8 Retired teachers who realize the drastic need for an automatic annual COLA can work for this goal by (A) joining the WSRTA and their local RTA units, (B) reading the Journal and attending meetings to become fully informed about this problem, (C) calling or writing to their legislators and explaining that COLAs are needed to protect our pensions from inflation, (D) all of the above.

(Answers are on Page 3.)



WELCOME TO OUR NEW MEMBERS!

Johnson, Myrtle F.	6720 E. Greenlake Way N., Apt 429	Seattle	98103	
Loriel, Latham	19823 - 15th NW	Seattle	98177	542-4357
McMillan, Eugene T.	1124 Olympic Ave.	Edmonds	98020	
Reid, John P.	6532 170th Pl SW	Edmonds	98020	743-0447
<u>CHANGES OF ADDRESS</u>				
Goldstein, Morn	7474 Chico Way NW	Bremerton	98312-1038	692-9843
Gulley, Mary Beth	18620 52nd Ave. W., #124	Lynnwood,	98037	774-5739
Pepin, B J	2150D-72nd W., #113	Edmonds	98020	

(Please make these additions and changes in your blue roster.)



LEGISLATIVE UPDATE - PLEASE SAVE FOR LATER REFERENCE

This is the time to contact your legislators on the need for COST OF LIVING ADJUSTMENTS for retired teachers. Letters, handwritten or typed should be addressed (envelope) Senator/Representative Jane or John Doe, State Legislature, Olympia, Washington, 98504. The inside address can be the same, or The Honorable John Doe. The salutation is Dear Senator/Representative John Doe. The closing can be either Respectfully, or Sincerely.

Suggestions on writing - be sure your exact return address is on the letter and envelope. Identify your subject clearly, state your reason for writing. Explain how the issue would affect you - your own personal experience is best. Be reasonable, don't ask for the impossible, don't threaten. Thank you legislator for efforts - everybody appreciates a complimentary letter and remembers it.

Phone messages (toll free) - LEGISLATIVE HOTLINE 1-800-562-6000 (8 AM-6 PM, M-F & 9-12 Sat.), to give messages to legislators or obtain information on the status of bills. SENIOR CITIZENS' HOTLINE 1-800-562-6118 (9AM-4PM, M-F). Before making a Hotline call, be ready with 1. Your name, address, phone #, 2. Your legislative district number, 3. The name of the person you wish to contact, 4. Your message stated as briefly as possible.

LEGISLATORS' NAMES & DISTRICTS - 1st	Sen. Bill Kiskaddon Rep. Grace Cole Rep. Nancy Rust
(YOUR SNO-KING RTA TELEPHONE COMMITTEE WILL BE CALLING YOU ABOUT SPECIFIC BILLS, BUT LETTERS ON COLAS CAN BE SENT AT ANY TIME!!!)	21st Sen. Gary Nelson Rep. Katherine Allen Rep. John Beck
	44th Sen. Rick Bender Rep. Maria Cantwell Rep. Paul King
	45th Sen. Alan Bluechel Rep. John W. Betrozoff Rep. Louise Miller
	32nd Sen. Al Williams Rep. Joanne Brekke Rep. Dick Nelson
	46th Sen. Nita Rinehart Rep. Marlin J. Appelwick Rep. Ken Jacobsen

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ANSWERS TO THE "COLA" QUIZ

1. C, 2. D, 3. D, 4. A, 5. B, 6. D, 7. D, 8. D

Your rating:

- 1 - 5 Correct    Congratulations! You are entitled to receive the RTA booklet The case for COLAS by Dr. Staynor Brighton
- 6 - 7 Correct    Good show: Start writing to your legislators!
- 8    Correct    Excellent. You are eligible to join our Legislative Committee!

More about the COLA in following issues. Gene Olmsted and Gordon Bowers - Legislative Committee

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PRE-RETIREMENT SEMINARS

Cookies are needed for the pre-retirement seminars. The first, and always the largest, meeting is February 24. Please call Pat Svendsen, 743-3482, or Betty Odle, 525-8276 if you can furnish cookies and/or help set up and serve. We need a good crew the first night to help pass out the packets.

NEWS ABOUT OUR MEMBERS

We are sorry to report the death of our member Lawrence E. Hough. Our sympathy, too, to Myra Sorensen in the death of her mother 12/22, June and Gordon Roberts left in January for a three month cruise around the world. What travelers they are! Myra Sorensen, co-treasurer is handling our finances while Gordon is gone. We were happy to find that Mary Beth Gulley has returned to the Northwest and will be looking forward to seeing her at future meetings.

We're planning some visits to Olympia in the next couple of months - if you are interested in going along call Gene Olmsted, 774-5988, Gordon Bowers, 778-9202, or Marion Bellows, 782-3046.

55 ALIVE CLASSES SCHEDULED FOR DECEMBER HAD TO BE CANCELLED BECAUSE WE WERE SHORT A COUPLE OF PEOPLE TO MAKE OUR QUOTA. Plans are being made for a class in the spring and all the information should be available in time for the March newsletter.

(NEWS AND REPORTS FOR THE MARCH BULLETIN TO BETTY ODLE, 2137 N. 86, Seattle 98103, 525-8276 BY FEBRUARY 23, 1987)

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*Sno-King Retired  
Teachers' Assn.  
P.O. Box 5253  
Lynnwood, WA  
98046 5253*

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