

SNO KING RETIRED TEACHERS ASSOCIATION

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BULLETIN

FEBRUARY 1988

PRESIDENT'S MESSAGE

To inform those who were unable to attend, our December 17 musical program at Shorecrest High School was a huge success. About 90 people came and heard beautiful music from the Orcadians who sang religious and Christmas songs and from the Wind Ensemble who played an Aaron Copland medley and a lively holiday tune. We thank Jim Becker for arranging such an enjoyable affair.

At that meeting we drew the raffle ticket and the winner of the beautiful sweater was Ray Hanby, a teacher at Mountlake Terrace High School. His wife is a teacher in the Granite Falls area and is enjoying her new sweater.

You might be interested to know that as of January 18 our membership is again at 249 as it was last year. This is our highest count, and we hope that by the end of June we will surpass that high. Only four other units in the state have equaled or exceeded their all-time high. So get busy on those friends who have been reluctant to join.

Our February 18 meeting at the Edmonds District Office will feature Christy Timberlake, R.D., of the Washington Dairy Council who will speak on nutrition with special information on calcium deficiency, high cholesterol, etc. We hope to see YOU there.

Remember, nomination of officers will be made at the March meeting with the election in April.

See you in February,

Marion Bellows

CALENDARY OF EVENTS

February 18 - 1:30 p.m. Regular meeting in Board Room. Speaker - Christy Timberlake, R.D., Washington Dairy Council.

February 23 - 7 p.m. First Pre-retirement seminar in Edmonds Cafetorium--Virginia Foust, State Retirement Office. Rest of dates elsewhere in Bulletin.

March 9 - 1:30 p.m. Board meeting at Jim Becker's home.

March 17 - 1:30 p.m. Regular meeting at Shoreline Museum, 749 North 175 Street, Seattle 98133



LEGISLATIVE UPDATE - GORDON BOWERS

The WSR TA COLA BILL, Senate Bill No. 6333 is in the Senate Ways & Means committee. As soon as action begins on the Senate Bill, the same bill will be introduced in the House. (A copy of the Bill is below.) Sno-King members should phone or write their legislators, urging them to ask Ways & Means committee members to hold hearings on the teachers COLA bill. After hearings are held, the Ways & Means committee must pass the bill to the Rules Committee which must send it to the main body of the Legislature for action.

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.

SENATE BILL NO. 6333

State of Washington 50th Legislature 1988 Regular Session

by Senators Saling, Rasmussen, Nojahn, Patterson, Halsan, Warnke, Garrett, Kreidler, Talmadge, Moore, Stratton, Owen, McMullen, Bailey, Johnson, Kiskaddon, West, Conner, Fleming, Vognild, Smith, von Reichbauer, Gaspard and Bauer

Read first time 1/19/88 and referred to Committee on Ways & Means.

1 AN ACT Relating to the teachers' retirement system; and adding a
2 new section to chapter 41.32 RCW.

3 BE IT ENACTED BY THE LEGISLATURE OF THE STATE OF WASHINGTON:

4 NEW SECTION. Sec. 1. A new section is added to chapter 41.32
5 RCW to read as follows:

6 (1) Beginning July 1, 1989, and every year thereafter, the
7 department shall determine the following information for the
8 retirement allowance received by each person who established
9 membership in the retirement system on or before September 30, 1977,
10 and who has been retired for at least five years:

11 (a) The dollar amount of the minimum retirement allowance as of
12 July 1, 1989;

13 (b) The index for the 1987 calendar year, to be known as "index
14 A";

15 (c) The index for the calendar year prior to the date of
16 determination, to be known as "index B"; and

17 (d) The ratio obtained when index B is divided by index A.

18 (2) The value of the ratio obtained shall be the annual
19 adjustment to the retirement allowance and shall be applied beginning
20 with the July payment. In no event, however, shall the annual
21 adjustment:

22 (a) Produce a retirement allowance which is lower than the
23 minimum retirement allowance as of July 1, 1988, or that amount upon
24 retirement;

25 (b) Exceed three percent in the initial annual adjustment; or

26 (c) Differ from the previous year's annual adjustment by more
27 than three percent.

28 (3) For the purposes of this section, "index" means, for any
29 calendar year, that year's average consumer price index—Seattle,

-1- SB 6333

1 Washington area for urban wage earners and clerical workers, all
2 items, compiled by the bureau of labor statistics, United States
3 department of labor.

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 your legislator for efforts - everybody appreciates a complimentary letter and remembers it.

Phone messages (toll free) - LEGISLATIVE HOTLINE 1-800-562-6000 (8 AM-6PM, 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 #, 3: The name of the person you wish to contact, 4: Your message stated as brief as possible.



LEGISLATORS' NAMES & DISTRICTS

- 1st Sen. Bill Kiskaddon, Rep. Grace Cole
Rep. Nancy Rust
- 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

Other concerns on Senior Citizen legislation - Mental health services priority to include the elderly, Natural Death Act amendments, Licensing for home care providers, Health care costs, Community-based long-term care.

KEEP TUNED FOR MORE EXCITING DETAILS!

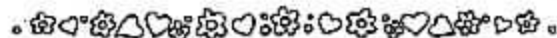




NUTRITION FOR SENIORS

You are what you eat. Do you eat to live or live to eat? These cliches serve to remind us of the part food and eating play in our lives.

At our meeting on February 18th, Christy Temberlake, R.D., from the Washington Dairy Council will talk with us about daily diets and nutritional needs as we grow older. Besides the things you hear about vitamin supplements, calcium deficiencies and good and bad cholesterols (HDLs and LDLs), there are other variables that affect how we feel and how we maintain good health.



NEXT MEETING

Thursday, March 17, 1988

Shoreline Historical Museum & Tour
749 North 175th Street
Seattle, WA 98133

Please be reminded of the change of location for our March meeting. Luanne Bivins, Volunteer Coordinator at the Shoreline Historical Museum, will discuss the present and future plans for the museum while taking us on a tour of the past history of the Shoreline area.



PRE-RETIREMENT SEMINARS

Pre-Retirement Seminars for teachers who are planning to retire will start on Tuesday, February 23 this year. Following is the program of speakers - some may be of interest to our members - you are welcome to attend.

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|-------------|--|
| February 23 | Retirement Estimates: Virginia Foust/ D. Parkison (PERS) |
| March 1 | Pension Dilemma: Bright/Zeiger from Prudential-Bache |
| March 8 | Social Security/Medicare; Medical Group Conversions |
| March 15 | New Policies in Custodial Care: Richard Ek |
| March 22 | Legal Aspects of Retirement; Understanding people |
- (All sessions are from 7 to 9 p.m., Edmonds Senior High Cafeteria)

Teachers from Edmonds, Northshore, Shoreline, Mukilteo, and Everett will be attending the sessions. We will need volunteers to serve coffee and cookies for the sessions, and several to bring cookies each time. Sign up during the meeting on February 18, or call Pat Svendsen, 743-3482, to volunteer cookies or time.



Decals and pins of WSRTA insignia are now available for sale. There will be samples at the next meeting. The decals will sell for \$1 and the pins for \$1.50.





NEWS ABOUT OUR MEMBERS

We are sorry to report the death of one of our members, C.P. Johnson. A number of our members attended the beautiful celebration of his life. Our deepest sympathy is extended to his wife, Dorothy.

Every blade in the field-- every leaf in the forest--
Lays down its life in its season
As beautifully as it was taken up.

Henry David Thoreau

We are pleased to report that Don Warren is recovering from heart surgery performed on January 19.

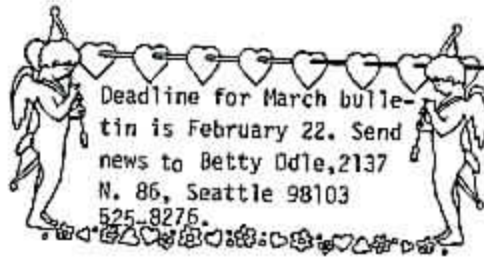
John Logan is still battling the problem of a detached retina.

June and Gordon Roberts spent the month of January in Hawaii.

Judy Liden gets the use of a new Volvo in Europe for a whole month as a result of having her name drawn at Belcourt Motors. She and Harry are planning that trip for April. In February she is taking a trip down to the Galapagos Islands.

Fran Bolerjack reports that all the scholarship material has been sent to the ten high schools in our three districts with March 1 designated as the deadline for the return of applications. We hope to have the three winners at our April luncheon meeting.

Kamilla Aarseth and Marvel DeSondi, our Refreshment Committee co-chairs would like to express their thanks to all who brought refreshments for our December meeting at Shorecrest.



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