

# SNO-KING SCHOOL RETIREES

# NEWS

February 1998

President: Dave Johnson, 425-776-7298 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  
WSRTA Office: 1-800-544-5219; WSRTA Message Center: 1-800-221-1260

## PRESIDENT'S MESSAGE

**GREETINGS: ALL SNO-KING SCHOOL RETIREES!**

1998 begins with thoughts of hope and promises for a good year. We now look forward to accomplishing our renewed goals of increased membership and legislative action to benefit our members.

Our thoughts and prayers are with Eva Asbury and the rest of the Asbury family on the loss of Charles. Both Eva and Charles have been loyal Sno-King members.

The State Legislature is in session and there are many things that will be of interest to School Retirees. Please become aware of these bills as they may affect you directly. Call your legislators and let them know how you feel about these issues. Our February meeting will address many of your concerns. As legislative chairman, Jack Rogers will give us a program on current legislation and how it might affect us.

It is not too early to think about fall and travel to see the fall colors. Sno-King is sponsoring a trip to New England in October for members and their friends. Want to come? This will be a great trip and lots of fun. If we have eight or more people participate we can also enrich our Scholarship Fund. The information is included in this bulletin - please look at it and give it your consideration.

**THOUGHT FOR FEBRUARY:** The trouble with doing something right the first time is that nobody appreciates how difficult it was.

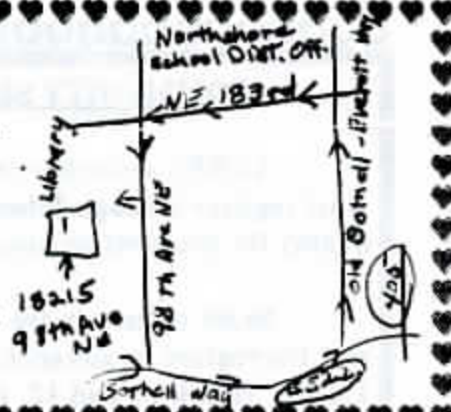
Let's keep in touch,  
Dave Johnson

### FEBRUARY 19 MEETING WITH OVERLAKE UNIT AT BOTHELL LIBRARY

Our February 19 meeting will begin with a box lunch, or bring-your-own lunch at 12 noon at the Bothell Library, 18215-98th AVE NE. (Info on ordering box lunch on Page 7.)

Our Legislative Chair, Jack Rogers will present the latest on this year's legislation.

This is a wonderful time to get acquainted with our Overlake friends as well as enjoy the fellowship with our members.



### COMING EVENTS

February 3 9:30 AM NW-1 Coordinating Council Meeting, Royal Fork, Mt. Vernon

February 12 1-3 PM Board Meeting at AARP Washington State Office

February 19 Noon - Joint Meeting with Overlake RTA at Bothell Library, 18215-98th AVE NE, Bothell. Legislative up-date - Jack Rogers, Chair.

March 19 1:30 Bill Holm, Curator emeritus of NW Coast Indian art at the Burke Museum, author, lecturer and artist will speak on "The Many Traditions of NW Coast Indian Art". The meeting will be in Edmonds SD Board Room.

### SCHOLARSHIP FUND RAISERS

**RAFFLE:** Thanks again to Lois Grasmick for the donation of the clock - it netted \$123 for the Scholarship Fund - Donna Murrish was the lucky winner!

**ENTERTAINMENT '98 BOOKS** - A big thank-you to all of you who purchased '98 Entertainment Books! All 40 of the books we had for sale were sold and \$326 was realized for the Scholarship Fund.

The "Entertainment" people are now planning for the '99 book and have asked how many books we would like for next year. If any of you would like to take on the handling of these books for next year it would be great. It's not a lifelong commitment. You would just need to write up a few articles about it for the newsletter and be in touch with the Entertainment people, and of course, your customers. The months involved would be from September through December. Call Treasurer, Donna Murrish, 206-363-5753, if you are interested.

**SCHOLARSHIP LUNCHEONS** in October and April also raise money for the Scholarship Fund.

**DONATIONS BY MEMBERS** - a large part of our fund is derived from donations by members given in memory of some family member or friend, to honor someone, or a donation to benefit a deserving student.

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

Our deepest sympathy to our member, Eva Asbury, in the sudden death of her husband, member Charles Asbury. Charles will be missed at our meetings!

Irma Bendock has been in and out of the hospital since she returned to Seattle from her month in Hawaii. They are trying to get her well enough for her heart surgery. Please keep her in your prayers. Call Betty Odle for latest up-date - 206-525-8276.

We are happy to report that Bob Odle has made a miraculous recovery from his surgery. He still needs to regain his strength, but the doctors are all amazed how quickly he has recovered.

Betty and Bob thank all of you for your good thoughts and prayers.

Pat Svendsen has had a long bout with flu - we hope she is now on the road to good health!

Jean Carlson, one of our Sunshine Ladies, has been recovering from a broken bone in her foot - get well soon, Jean.

Our good thoughts are with Dave Wilson as he goes for weekly chemotherapy.

We are sorry to report the death of the mother of our member Georgia Cotton. Our deepest sympathy to Georgia and her family.

**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 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. Participants must register through Edmonds Parks and Recreation in advance, 425-771-0230. Winter classes are: January 14 and 15, February 11 and 12, and March 11 and 12, 1998. Classes are held 9:00 AM to 1:00 PM.

**Waiting For The State Long Term Care Plan?** It looks like they now will go ahead and offer the insurance next Spring even though it will cost more and have fewer options than individual plans already on the market. Retired applicants will have to qualify medically and pay their own premiums, just like regular policies. Remember, the cost of insurance is based on your age and health at the time of application. Even if you think you have waited too long to plan, call Don Denton (425) 672-6746.

Acceptance of this advertising does not imply Sno-King School Retirees endorsement of this product or program.

TRAVEL IDEAS AND TIPS

Terri Malinowski

\*For those wanting to make spring travel plans, here are a couple ideas from fellow members. *Liz Sears* goes to China every year to visit the family where she lived for three years. Her favorite times to visit are April and May or in the fall. Call Liz for her recommendations on places to see.

\**Dick and Barbara Sacksteder*, the consummate travelers, covered 4,000 miles through the West in their Volkswagen Eurovan, carrying food and a propane stove. In Colorado, they rode a cog rail to the top of Pikes Peak, drove around the grounds of the Air Force Academy in Colorado Springs and toured the Garden of the Gods.

They were fascinated with Four Corners, where people can stand simultaneously in four states-Colorado, Arizona, Utah and New Mexico. From there, the Sacksteders wandered through the Painted Desert, Petrified Forest, four national parks in Utah, and Indian cliff dwellings that date to the 1200s.

Idaho provided a jaunt through lava beds and caves and lovely drives through mountain wildernesses via Idaho Springs. The Sacksteders make a point of "stopping in a lot of small towns," according to Dick, a former teacher and principal. "We like to visit historical museums. You learn a lot about an area that way."

\*Another way to keep travel expenses down could be the Educators Bed and Breakfast Network, quartered in Eugene, Ore. Check out this innovative program on the internet ([datahost.com/edubabnet/index.html](http://datahost.com/edubabnet/index.html)).

It's a private travel network of over 3,500 educators in 42 countries. For a \$36 annual membership fee, you can stay in educators' homes for \$29 per night for two people. You can choose to be a host yourself, too, and several people in our three Sno-King school districts are registered as hosts.

I pulled up the membership list for England, for example, and found 46 host homes including seven in the London suburbs. Each entry tells about the host(s), their educator status (3rd-grade teacher, retired, etc.), their hobbies and interests, and information about their locale. The entry also notes how many rooms are available, usually only one or two.

In Australia, I found 10 homes around cities like Melbourne, Adelaide and Brisbane as well as a farm in the Outback. One B&B home in Freeman Reach, near Sydney, is hosted by a couple from Everett, WA who are on a year-long teacher exchange there!

LUNCH—OUR FAVORITE TOPIC

\*Call or e-mail me with your favorite local or Northwest lunch locations, to share with Sno-King Unit members.

CALICO CUPBOARD - Locations in Anacortes, LaConner and Mt. Vernon. Wonderful country food at all three. (Evelyn & Bob Nordeen)

CHUCKWAGON - A hole-in-the-wall hamburger joint in Mt. Vernon, just east of I-5 on the hill's main north-south arterial and 2-3 blocks north of Mt. Vernon SD's central office. More burger varieties than you can count, at very modest prices. (Terri Malinowski!)

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

MEMBERSHIP EXPANSION COMMITTEE - Don Denton (425-672-6746) Chair

Our Sno-King unit of the Washington State Retired Teachers Association continues to be a leader in membership expansion. Of 34 regional units, we are one of only five units which has over 1,000 members. Our membership stands at about 1,100 at this time with 470 of those still active as school employees. Each year at the state conference we are recognized for increasing our numbers.

As we visit the Northshore schools this year, we continue to spread the word about our successful efforts to improve the retirement system and benefits.

If you know a retiree or active school employee who should be a member and isn't (see if their name is in our directory), call me and I will send them an application. The more members we have, the more we can influence the legislature.

**RETIREMENT PLANNING COMMITTEE - Phyllis Enger, Chair, 425-486-1127**

The Sno-King Retirement Planning Seminars are being held at Edmonds ESD Board Room in January and February. About 100 people attended on January 7. The speakers that night were: Katie Sherwood, Edmonds Human Resources; Don Denton, Long Term Care Specialist; and Glenda Fairchild from the State Health Care Authority. On January 14 Jim Tremper from Shelgren Financial Services of Renton spoke on "Understanding Your Retirement Plans." The January 21st meeting featured Joe Scalone, attorney, speaking on Estate Planning. The February 5 session will be scheduled on a Thursday night due to the County Elections. Richard T Fowler will speak on "Retirement Planning - Look Before You Leap". The last session scheduled for February 11 will feature Frank Mendez speaking on Social Security and Medicare.

Sno-King School Retirees sponsors these seminars in cooperation with the Edmonds School District and are open to Certificated and Classified employees of Edmonds, Northshore, Shoreline and Mukilteo school districts.

Chair, Phyllis Enger, on behalf of Sno-King School Retirees expressed sincere appreciation to Katie Sherwood for her help in planning and scheduling these sessions. Also thanks are due to the many retirees who faithfully turned out to help with registration and refreshments. Special thanks, too to Pat Svendsen who, in spite of health problems, received and recorded mail-in registration forms. Proceeds from attendance fees will go to the Scholarship Fund.

**LEGISLATIVE REPORT - Jack Rogers, Chair, 206-367-7153****A Step in the Right Direction**

The legislature this session is considering an improvement to PERS/TRS I retirement benefits. The bills are HB 2491 and SB 6307 "Sharing Extraordinary Investment Gains."

These bills set up a way to fund increases in retirement benefits effective July 1, 1998 and in the future when investment gains of state retirement funds exceed ten percent over a four year period.

If this passes the benefits would become effective July 1 of this year. They include:

- An increase in the Uniform COLA. This time it would be \$.10 a month per year of service.
- A full "Pop-up" benefit for those plan I people who retired before January 1, 1996.

An amount equal to that used to fund these increases will be used to accelerate the schedule for paying off the unfunded liability in Plan I.

This initial step is not a great deal of money for retirees eligible for the COLA, but, at least, it sets a precedent for future improvements.

Please contact your legislators, especially members of House Appropriations and Senate Ways & Means Committees, and urge their support for HB2491/SB6307. You may use the toll-free hotline, 1-800-562-6000 to communicate your message by phone.

Don't forget to monitor WSRTA's Legislative Message Center for updates: 1-800-221-1269.

**MEMBER SERVICE COMMITTEE - Barbara Berg, Chair - 425-483-2671, e-mail is [bmcberg@aol.com](mailto:bmcberg@aol.com)**

Construction continues on the Kenmore-Northshore Assisted Living Facility. I'll let people know when this new complex is finished. It's a three-story building and looks as if there will be about 100 living units.

Please let me know if you need a Directory of Senior Living Facilities.

**ANOTHER MINI TRIP**

**To: Washington State Museum & Lunch.**

**Where: to Tacoma**

**When: Wednesday, March 11th, 9 AM from Northgate Mall**

**How: by carpool and Barb's directions**

**Who: Anyone who is interested and not working at a "real" job.**

Please call Barb (425-483-2671) to get your name added to the list for the mini-trip.

**Retiring In The Next Five Years?** Attend the Sno-King Retirement Seminars in February and see me for consultations, rollovers, and long term care insurance. **Not retiring for awhile, let me help you accumulate enough money so that you can! Don Denton (425) 672-6746.**

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## AUTUMN HIGHLIGHTS OF NEW ENGLAND

October 2-10, 1998

Land only prices based on availability: \$1,189.00 per person double occupancy. Single room supplement \$545.00. A \$50.00 pp non-refundable deposit is due February 25. Travel insurance on land package is recommended at \$69.00 per person. Air fare will be booked separately and the cost will be approximately \$400 - \$450 pp depending on the number of people traveling. This tour is being used as a fund-raiser for the scholarship fund. One free trip price will be given to the scholarship fund if 16 people travel. For more information on this tour, contact Maureen Bishop at Complete Travel Service 425-672-9101.

## ALL THIS IS INCLUDED

- Services of a professional tour director
- Hotels listed below or equivalent. Twin-bedded rooms with private bath or shower, hotel taxes, service charges, and tips for baggage handling
- 7 American breakfasts (B); 6 three-course dinners with choice of entrees (D), including a special lobster-bake feast in Bar Harbor and a farewell dinner in Springfield
- Private deluxe air-conditioned motorcoach
- A gondola ride at Pinkham Notch
- Sightseeing with local guide in Boston
- Visits to Kennebunkport, Bar Harbor and Acadia National Park, North Conway, Bretton Woods, Dartmouth College, Woodstock, Billings Farm and Museum, Killington, Fort Ticonderoga, Lake Placid and its Olympic Arena, Albany, Stockbridge, Springfield
- Other scenic highlights: Crawford Notch, the White Mountains, Franconia Notch and the Old Man of the Mountains, the Adirondack and Berkshire Mountains
- Inside visits as shown in UPPER CASE in the tour description, including admission charges where applicable
- Globus travel bag and travel documents

**Day 1 BOSTON.** Tour members should check in by 5:30 p.m. Tonight meet your traveling companions at a welcome reception hosted by your tour director.

**Day 2 BOSTON-KENNEBUNKPORT-BAR-HARBOR.** From Massachusetts head north via New Hampshire's short shoreline and along Maine's rocky coast to Kennebunkport, one of New England's famous seaside resorts. A stop at Dock Square, with time to explore its boutiques and museums. The next two nights are in Bar Harbor on Mount Desert Island. A visit to Maine would not be complete without sampling its delicious seafood. Your dinner this evening is a typical lobster-bake feast

featuring steamed clams, Maine lobster, and delicious corn on the cob. (B,D)

**Day 3 BAR HARBOR. VISIT TO ACADIA NATIONAL PARK.**

Nowhere along the Atlantic seaboard is the rock-bound coast as picturesque as in ACADIA NATIONAL PARK. Take the scenic park road and enjoy views of granite peaks, forests of spruce, fir, and pine trees, and an abundance of wildflowers. Admire, too, the spectacular panorama from the summit of Cadillac Mountain. Afternoon at leisure, with the chance to join an optional cruise on lovely Frenchman Bay. (B,D)

**Day 4 BAR HARBOR-NORTH CONWAY.**

Back to the mainland and west through Maine, for vistas of sparkling lakes and forests ablaze in autumn colors. Then focus on the scenic White Mountains area of New Hampshire. At Pinkham Notch board a WILDCAT MOUNTAIN GONDOLA for a thrilling ride to the 4,397-foot summit. Savor the 360-degree panorama of the Presidential Range and Mount Washington Valley. Overnight in North Conway. (B,D)

**Day 5 NORTH CONWAY-FRANCONIA NOTCH-KILLINGTON.**

Via Crawford Notch cut right through the White Mountains to Bretton Woods. Here a short photo break at the Mount Washington Resort Hotel, birthplace of the IMF and the World Bank. Now climb to Franconia Notch for your pictures of the Old Man of the Mountains, an impressive natural rock profile. The view from this vantage point is breathtaking... a kaleidoscope of yellows, browns, and reds. Hugging the Connecticut River head south to Hanover, where you visit DARTMOUTH COLLEGE, one of the nation's eight prestigious Ivy League institutions. Cross the river into Vermont and took forward to two more sightseeing stops on the way to Killington. First visit pretty Woodstock, its village green reminiscent of 19th-century England. Then on to nearby BILLINGS FARM AND MUSEUM for an insight into Vermont's agricultural heritage. (B,D)

**Day 6 KILLINGTON-TICONDEROGA-LAKE PLACID.**

This morning, on the New York shore of Lake Champlain, stop for a guided tour of FORT TICONDEROGA, a much-contested stronghold during the Revolutionary War. Then motor right into the heart of the Adirondack Mountains. On arrival in Lake Placid, site of the 1980 Winter Olympics, visit the OLYMPIC ARENA and CONVENTION CENTER. The afternoon is free. An optional excursion featuring a visit to the Olympic ski jump tower and a cruise on Lake Placid is available. (B, D)

**Day 7 LAKE PLACID-ALBANY-SPRINGFIELD.**

More vistas of the Adirondacks on your way to Lake George, then on via Saratoga Springs to Albany. On approaching the city center, Rockefeller's imposing Empire State Plaza comes into view. Re-enter Massachusetts and drive to Stockbridge in the splendid Berkshire Mountains. Here visit the NORMAN ROCKWELL STUDIO AND MUSEUM, housing a large collection of works by one of America's favorite artists. Later an orientation drive of Springfield on the way to your hotel. This evening your tour director hosts a farewell dinner to celebrate the success of your New England journey. (B, D)

**Day 8 SPRINGFIELD-BOSTON.**

An easy ride on the Massachusetts Turnpike to Boston. Your tour of the city's landmarks with a local expert first focuses on the historic shrines near Boston Common, including the Old State House. Other highlights on the agenda: Old North Church, from where Paul Revere got the signal to start his famous ride; a visit aboard the BOSTON TEA PARTY SHIP; and Faneuil Hall, with an opportunity to browse through Quincy Market. We will have an extra night in Boston to avoid a late night return flight to Seattle. The cost will be approximately \$75.00 for hotel and transfers. (B)

**GLOBUS HOTELS:** BOSTON Marriott Copley Place (SF), BAR HARBOR Atlantic Oakes by the Sea (F) or Holiday Inn Sunspree Resort (F), NORTH CONWAY Four Points Hotel (SF), KILLINGTON Mountainview Lodge (F), LAKE PLACID Lake Placid Hilton (F), SPRINGFIELD Sheraton Springfield Monarch Place (F)

**RESPONSIBILITIES:**

COMPLETE TRAVEL SERVICE is acting as a mere agent for SUPPLIERS (Identified on request) in selling travel-related services, or in accepting reservations or bookings for services that are not directly supplied by this travel agency (such as air and ground transportation, hotel accommodations, meals, tours, cruises, etc.) This agency therefore shall not be responsible for breach of contract or any intentional or careless actions or omissions on part of such suppliers which result in any loss, damage, delay or injury to you or your travel companions or group members. Unless the term guaranteed is specifically stated in writing on your tickets, invoice, or reservation itinerary, we do not guarantee any of such suppliers, rates, bookings, reservations, any injuries, activities, social or labor unrest, mechanical or construction failures or difficulties, diseases, local laws, climatic conditions outside the travel agent's control. Traveler assumes complete and full responsibility for and hereby releases the agent from any duty of safety or security conditions at such destinations during the length of the proposed travel. By embarking upon his/her travel the traveler voluntarily assumes all risks involved in such travel whether expected or unexpected. Traveler is hereby warned of such risks and is advised to obtain appropriate insurance coverage against them. Traveler's retention of tickets, reservations, or booking after issuance shall constitute a consent to the above, and an agreement on his/her part to convey the contents hereto to his/her travel companions or group members.

**CANCELLATION FEES:**

120 DAYS OR MORE PRIOR TO TOUR DEPARTURE: If you reduce the group size (do not cancel completely, but release some space), all money received is applied toward the account of the passengers who travel or transfer to an alternate tour. Refunds are not made if your group cancels completely.

119 TO 90 DAYS PRIOR TO TOUR DEPARTURE: If you reduce the group size, all money received is applied toward final payment. Refunds may not be made if you transfer tours or your group cancels completely.

89 TO 46 DAYS PRIOR TO TOUR DEPARTURE: The cancellation penalty is the full deposit for each person canceled.

45 to 16 days prior to departure: 20% of total price

15 to 1 day prior to departure: 35% of total price

On departure day or later: 100% of total price.

**NOT INCLUDED ON THE TOUR PRICE:**

Tips to your tour director, tour drivers, and local guides (these tips are entirely at your discretion, and should be extended on an individual basis, and not as a group). Excess baggage charges, beverages not usually included with meals, special services or items of a personal nature such as laundry. Meals not included in the itinerary.

✕

**Yes, I want to book space for the Autumn Highlights of New England Tour.**

Name(s): \_\_\_\_\_

(Please write name as it appears on drivers license)

Address: \_\_\_\_\_

Phone (include Area Code): \_\_\_\_\_

Yes, I want cancellation insurance. (Please include premium with deposit.)

No, I do not want cancellation insurance.

Payment may be made by check or credit card. Credit card number: \_\_\_\_\_ Expiration date: \_\_\_\_\_

If paying by check, make checks payable to: Complete Travel Service.

Mail this coupon and form of payment to:

Attention Maureen Bishop  
Complete Travel Service  
17521 - 15th Ave NE Suite B  
Shoreline WA 98155

If you have any questions call Maureen at 425-672-9101.

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

WANT TO LIVE LONGER? Researchers have discovered that humans have eight genes in common with the roundworm (C.elegans), and that by manipulating these genes, can cause the roundworm's life span to extend as much as fourfold. If applied to humans, the life span could be 340 years, according to a New York Times writer, Nicholass Wade, (J '98). Such information has caused evolutionary biologists and molecular biologists to call for further experiments on animals to determine the effect on life expectancy on other creatures.

WALKING MEDICINE - Take a walk every day - walking is a powerful medicine. Researchers at the Univ. of Virginia, studying older people over a 12 year period found that walking two miles a day cut the risk of death almost in half. Amy Hakim, leader of the study calculated that every extra mile older people walk per day lowers their death rate significantly.

GEL DISSOLVES TOOTH DECAY - A gel, called "Carisolv", a mixture of three amino acids and sodium hypochloride, dissolves decayed material in about one minute, according to the gel's manufacturer, Medi Team of Goteborg, Sweden. About 1000 people have had the treatment used by 500 dentists.

FOUNTAIN OF YOUTH - Specific cells in the body can have an extended life by injections of an enzyme called "Telomerase". By this process, the life of skin, retinal and vascular cells which normally die in older people, can be kept youthful, can be a boon to cancer research, according to Anna McCormick, of the National Institute on Aging. Her report is on research from Geron, a small biotech company in Menlo Park, California, in cooperation with the Univ of Texas. Other scientists are scrambling to expand on this milestone discovery in medical science. Wait for your turn!

FISH DIET TO CUT RISK OF HEART ATTACK - Sounds like a fish story you heard before, but a study, led by Dr. Christine Albert, Boston-Brigham Young Univ. reported results from a continuing study begun in 1982. The results so far: those who ate fish at least once a week had a 52% lower risk of sudden death than those who ate it less than once a month. The researchers theorize that Omega - 3 fatty acids in fish offered the protection by helping prevent arrhythmia, a heart rhythm disturbance.

UTILITIES DEREGULATION - Some members of Congress are trying to deregulate electric rates in an attempt to standardize electric costs all over the U.S. Washington and other northwestern states have enjoyed the lowest rates in the nation, because huge power plants are located here. But according to Rep. Jim McDermott, "Every analysis I've seen so far shows our costs are going to go up; every analysis shows that we lose!"

Congress is not expected to act on deregulation this year, but the impact of sharply increased rates is a red flag for many senior citizens, especially those who heat their homes with electricity. We need to stay alert on this push in Congress. For those on limited incomes, adequate heat is a health necessity.

NEW FINDINGS, CAUSE OF HEART ATTACKS/STROKES - Hardening of arteries (atherosclerosis) has been a Wake Forest Univ. study of 10,914 people enrolled in a research project to determine all factors that cause atherosclerosis. They found that smokers had a 50% increase in the rate of plaque accumulation in carotid arteries; ex-smokers had a 25% acceleration and non smokers exposed to tobacco smoke had a 20% increase.

The build up of plaque narrows the interior of the arteries, reducing blood flow, and is the primary cause of strokes/attacks.

CAREGIVER CONFERENCES - March 14-call Liz Taylor, 206-439-2279; March 16-Bellingham-Kim Dooley, 360-676-6749; June 1, Fife - call Hilke Faber, 206-517-2319; June - Sno. Co., Catherine Wu, 425-388-7200 for more info.

FEBRUARY 19 BOX LUNCH MEETING WITH OVERLAKE RTA

A no-host \$3.50 box lunch will be served at 12 Noon at our February 19th meeting at the Bothell Library. You can have your choice of Roast Beef, Turkey, or Ham sandwiches. Also furnished is a cup of potato salad, chips, cookies, coffee and tea. We must have your order for the Box Lunch by noon, Friday, February 13.

You, of course, may bring your own lunch. The meeting will start at 1 PM if you do not wish to have lunch - however you will miss out on the visiting with our members as well as Overlake members.

If you would like to order a box lunch, please fill out the box below and mail to Sno-King School Retirees, P.O. Box 33962, Seattle, WA 98133-0962 to be received by Friday noon, February 13.

I would like to order \_\_\_ Turkey Sandwich, \_\_\_ Roast Beef Sandwich, \_\_\_ Ham Sandwich - \$3.50 each

Enclosed is my check for \$ \_\_\_\_\_, made out to Sno-King School Retirees.

Name \_\_\_\_\_ Address \_\_\_\_\_

City, Zip \_\_\_\_\_ Phone \_\_\_\_\_

**ROSTER CORRECTIONS:** It would nice if I were perfect, but I'm not so we have found quite a few mistakes that need to be corrected - if you find more, please let me know so I can correct them next month. Betty Odle-206-525-8276. Phone # Corrections: Marian Kinch, 206-362-2703; Barbara Martin, 206-365-9033, Lake Forest Park; Stan Wiklund, 425-778-4459. Add Phone #'s Carole Johnson, 360-293-6945; Trudy Ellyn Scott, 425-672-7547. Remove asterisks from: Teresa Eckert and Bob Stokes - they are retired. Add asterisk to Betty Vandenberg - she is an active teacher. New addresses for: Amy Jones, 13948-56th PL S #B, Tukwila WA 98168-4766; Emrose Linn, 4400 Stone Way N, Apt 432, Seattle 98103-7487; Iola Martin, 1306 N 175th ST, STE 104, Shoreline 98133-5019; Robert McCullough, P O Box 1659, Kingston 98346-1659; Marjorie Pollock, 21962 NE Lachenview LN, Fairview OR 97024-8775; Dorothy & James Wahlstrom, 1900 Circle LN SE, Lacey WA 98503-2580. New members: Marvin L Capps, 18539 Fremont Ave N, Shoreline 98133, 206-546-8746; Bryant E Robinson, 6014-183rd ST SW, Lynnwood 98037-7228, 425-778-9843. Change Darlene Storkson Copeland to Darlene Storkson. Page 4, 3/19/98 - delete Scholarship Luncheon and replace with Edmonds Board Room.

**MAY 21 MEETING WITH SNO-ISLE WILL CELEBRATE THEIR 50TH ANNIVERSARY**

Sno-King was originally part of Sno-Isle and they would like to have the names of all our members who were originally in Sno-Isle. If you are one of those who were a member of Sno-Isle before we were "founded" in 1977, please call Betty Odle so you can be included in their honoring celebration.

**NEWS ABOUT OUR MEMBERS**

*Gretchen Lay* spent the last week of November and first week of December in Tahiti. Most of the time was spent on the island of Moorea - rather primitive accommodations but fabulous food and dancers. The first part of the trip the weather was comfortable, but it ended up being very humid and hot. She arrived home with a case of pneumonia - not a nice way to end a vacation.

*Marlene and Dave Johnson* are about to embark on another trip through Africa, including a safari - we will be looking forward to hearing all about their adventures when they return.

News deadline for March Bulletin is February 19, 1998. 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 Dave Johnson, 425-776-7298 or Editor Betty Odle, 206-525-8276.

Again, many thanks to those who come over each month to fold, staple 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. We try to get the letter out the last Wednesday of the month beginning at 9:30 a.m. Call Betty before coming in case the printing has been delayed.

Sno-King School Retirees  
P.O. Box 33962  
Seattle, WA 98133-0962

**ADDRESS SERVICE REQUESTED**

**BULK RATE  
U.S. POSTAGE  
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