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# SNO-KING SCHOOL RETIREES

# NEWS

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FEBRUARY 1999

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

WSRTA Office: 1-800-544-5219; WSRTA Message Center: 1-800-221-1269

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## PRESIDENT'S MESSAGE

*If you missed the December meeting, you missed a great performance by "Rise and Shine." They were talented and energetic. If you watched the local TV highlights of New Years Eve from Seattle Center, you may have seen them playing as people danced!*

*Please be watchful of Washington legislative news relating to school retirees. Don't be bashful about calling legislators to let them know what you think. The hotline number for leaving messages is 800-562-6000. I have found that e-mail is a nice alternative to phoning. You can be more specific if you wish. Remember to give your full name and street address when using 3-mail.*

*We are indeed fortunate to have Jim Tremper, CFP as our program speaker on February 18th. His topic is Financial Strategies For Seniors. He has been a regular presenter at our Pre-Retirement Seminars and will give this special "after you have retired" version for us. Jim, a certified financial planner, is a Vice President of Shelgren Financial Group, Inc. The Shelgren Group does the majority of their consulting and investing work with both active and retired school employees.*

*Don Denton*



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

Did you know that we are now the second largest of the 34 local WSRTA units in the state? Only the Seattle unit is larger, and they are shrinking.

One reason we are growing is that we have many active (still working at schools) members. We believe that a person shouldn't wait until retired to be concerned about the retirement system and to push for needed improvements. Our regret is that there are still a number of retirees who take the benefits we gain but are unable to come up with \$4.00 per month to support our activities. Have you asked a non-member to join?

Our school recruiting team is back visiting the remaining Northshore schools to share retirement information. Please welcome us and recommend us to your colleagues if we visit your building.

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

We are sorry to report that Maybelle Chapman fell and broke her hip in December. She is recuperating at Life Care Center of Bothell, 707-228th ST SW, Bothell 98021. She would enjoy letters and visits.

Just received word that Marion Bellows had a stroke in February 1998 and is at Judson Park Health Care Center, 23620 Marine View DR, Des Moines, WA 98188. She is unable to talk but enjoys getting cards. Be sure to write on the outside of the envelope, "open and read out loud".

Sorry to hear that Alice Bingaman has been "laid-up" with a stress fracture in her foot. She is getting "cabin-fever" because she is in a cast and can't drive. Give her a call.

We are very sorry to report that Elbert Honeycutt passed away in December. Many Shoreline people were there in celebration of his life and his love for children of all ages. Elbert served as principal for three schools in the Shoreline District. Our deepest sympathy to his wife Ione and son Jeff.

We also lost member Paul Hassenstab on December 16. Paul was with the Edmonds School District for over 20 years. Our thoughts and prayers are with his wife, our member, Lani.

Our member Kathleen "Kay" Mills passed away January 20 after a sudden illness. Kay taught special education and was an administrator in the Shoreline School District. Our condolences to her children.

After a long illness our member, Joe Manley passed away. Our deepest sympathy to his wife, Jean - we are thinking about you.

We just had word that Dale Strong's husband Bob passed away suddenly in November. Our thoughts are with Dale.

Our sympathy to Millie Carlson on the death of her sister, Margaret Sandvick.  
Condolences to Travis Willis on the death of his mother on January 21.

Please keep well, people - but let us know if you're not so we can bring you some sunshine!

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

With the convening of the state legislature, issues concerning retired educators will be updated regularly on the WSRTA's message center 1-800-221-1269. We encourage you to monitor the message on a weekly basis.

Letters may be sent to State Senators at P.O. Box 40482, Olympia, WA 98504

State Representatives may be reached at P.O. Box 40600, Olympia, WA 98504

Many thanks to all those who attended our Legislative breakfast in December. We had a good crowd and were able to convey our agenda of issues to legislators from each of the four districts in our area.

**Please add this list of our legislative representation to your Sno-King Directory, Page 10**

<u>District 1</u>	<u>Office phone</u>	<u>District 21</u>	<u>Office phone</u>
Sen. Rosemary McAuliffe	360-786-7600	Sen. Paull Shin*	360-786-7640
Rep. Al O'Brien	360-786-7928	Rep. Mike Cooper	360-786-7950
Rep. Jeanne Edwards*	360-786-7900	Rep. Renee Radcliff	360-786-7972

<u>District 32</u>		<u>District 44</u>	
Sen. Darlene Fairley	360-786-7662	Sen. Jeanine Long	360-786-7686
Rep. Carolyn Edmonds*	360-786-7880	Rep. John Lovick*	360-786-7892
Rep. Ruth Kagi*	360-786-7910	Rep. Dave Schmidt	360-786-7982

\*newly elected

**TRAVEL IDEAS AND TIPS**

Terri Malinowski

When Derris Schlieman retired as an English teacher at Mountlake Terrace High School more than eight years ago, he wanted to travel. The only problem was that his wife was still working and won't be retiring until the year 2000. Rather than being teamed with a stranger, Derris opted to pay a slightly higher premium and tour as a single-occupancy traveler. "I get a whole bedroom to myself and no snoring roommate," he said with a smile.

Both of his major trips have been with Trafalgar Tours, and he paid about \$500 extra for the single bedroom on the first trip in 1997. Last summer, there was only one other single male on the trip. Because that person was a smoker, and Derris has specified a no-smoking roommate, he paid no extra charge.

On his first trip, he spent five weeks on the road in August and early September, visiting western Europe and eastern Europe and cruising the Mediterranean to see Turkey and Greece. "There were 39 of us on a coach designed for 49, so I had a seat to myself every day," Derris explained.

The arrangement worked so well that Dennis spent August, 1998 on a three-week loop of the British Isles. This time, the group numbered only 29 so there was ample room to spread out on the coach. "We visited England, Scotland and Wales and then ferried to Ireland for the last leg," Derris said. "As an English teacher, I particularly enjoyed seeing Shakespearean territory."

It is otherwise difficult to travel as a single passenger? He says not. He tries to sit at different tables for each meal, mixing with other members of the tour and enjoying varied conversations. But he also has the option of relaxing on his own. On the last trip, three-fourths of the travelers were couples, plus the two single-occupancy men and several women in pairs and singles.

So what's ahead for this traveler? Derris still hopes to go to Egypt and Israel but is waiting for the political situation to stabilize. When his wife retires in another year, they'll probably do some cruising, since she prefers to upack only once, he said.

In checking with tour companies like Trafalgar, Grand Circle, Globus, Grand European and others, we found that each charges \$400 to \$600 extra for a "single" supplement, depending on the length of the tour. One agency waives the charge for singles on several of its European trips, while another charges 150% of the double-occupancy tour rate. So it pays to check before making your decision. And, of course, there's always the option of traveling on your own, beholden to no one!

(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

Retirement Planning Seminar 1999

Sponsored by

Sno-King School Retirees and the Edmonds, Mulilteo, Northshore, and Shoreline School Districts

We are in the middle of these five pre-retirement sessions, the last one will be held on February 10.

Members of the Sno-King School Retirees work with the Edmonds Human Resources Division, Katie Sherwood, to schedule a meeting place, guest speakers, and dates for the seminars that will best mesh with the calendars of the pre-retirees of the four school districts. Some problems are apt to occur, and for that we ask understanding. The fee charged covers expenses; any remainder is used for scholarships to students who will be majoring in education, and for mini-grants which are given to active teachers for creative programs in their teaching area. These scholarships and grants are available to all four school districts.

Many volunteers are involved in the preparation of these seminars, and their help is greatly appreciated.

As retired teachers we know the importance of the information received at these sessions. It is gratifying to hear the many comments of thanks and appreciation from pre-retirees attending.

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

FOLLOW-UP STUDIES ON ALCOHOL AND STROKE - five years ago Dr. Ralph Sacco and colleagues at Columbia University College of physicians and surgeons warned that their studies indicated that drinking in excess could triple the odds of having a stroke. Now, a second study by the same group found that up to two drinks a day was actually beneficial. Moderation was the key. People who drank were 50% less likely to suffer a stroke than those who didn't drink at all. A standard drink was 120 milliliters of wine, 360 of beer or 45 of liquor, but the protection effects of alcohol appears to help only in isehemic stroke cases, caused by lack of oxygen to the brain - the most common type.

No one knows why moderate drinking can protect the heart and brain, but experiments have shown that one or two drinks reduces blood pressure, may even increase so called "good cholesterol".

SURGICAL GLUE - As reported previously, the glue is applied from a small plastic tube like "crazy glue", but is sterile, takes about 50 seconds to set. After 2-1/2 minutes it is as strong as week old sutures. It sloughs off in 5 to 10 days, so there is no return to a doctor for stitch removal. Also, the skin can be smoothed better than with stitches, according to Dr. Thomas Burns, pediatric physician in Chattanooga, Tennessee. He says that his patients enjoy being glued instead of sutured.

THICKENING OF THE CAROTID ARTERY WALLS IN THE NECK - is a more powerful predictor of a stroke or heart attack, according to the National Heart, Lung & Blood Institute, and in a study led by Dr. Daniel O'Keary of Tufts - New England Medical Center in Baston. Ultrasound can detect damage to these blood vessels before the patient experiences any problems. But ultrasound should not be for everyone. Cholesterol tests and blood pressure readings, along with exams by the doctor are usually adequate.

When the doctor puts his hands around your throat, he probably isn't tempted to choke you - just checking your carotid arteries!

A DRUG TO REBUILD STRONG BONES! - Dr. Robert Lindsey, President of the National Osteoporosis Foundation is leading a study using a drug called "recombinant parathyroid hormone" that shows promise of rebuilding frail bones and reducing osteoporosis. It may be years before it can be approved, but in the interim the crippling disease can be checked from getting worse, by using the appropriate drugs. Women with significant risk factors for developing thin bones should have their first bone density test between the ages of 21 and 35, when it would do the most good. Instead, many women wait until menopause or until they've broken a bone. Women whose bones are thin can make lifestyle changes to help prevent later osteoporosis, including getting enough daily calcium and vitamin D, exercising, stopping smoking and avoiding excessive alcohol or caffeine.

**NEW THOUGHTS ON ARTHRITIS** - The federal Center for Disease Control has teamed with the Arthritis Foundation to launch a new educational program to help prevent arthritis and reduce the pain and severity of the disease. According to Dr. Robert Meenan, leader of the project, "We want to make everyone aware of the looming epidemic of arthritis". The aging &S population will have 60 million arthritis patients by the year 2020, including 100,000 children and three out of five of all those are under age 65.

Some of the most common causes of the disease are: weight control; taking precautions to reduce repetitive joint use and injury on the job; using proper sports equipment and warm up procedures; use of insect repellants to protect against ticks and others. To reduce pain, drug treatment should begin early - doctors have a host of pain killers, but it's most important to exercise with a doctor's program.

**UNNECESSARY PRESCRIPTIONS** - every year, U.S. doctors write 50 million unnecessary prescriptions - including almost 17 million to treat the common cold. Patients expect to be given prescriptions when they leave the doctor's office. Using antibiotics when you don't have to results in the growth of "SUPERBUGS" and super infections that can't be treated. Sources: U.S. Centers for Disease Control & Hope Health Letter, Jan.'99.....and from the same source: 7 HEALTH RESOLUTIONS - 1. Eat right 90% of the time; eat whatever you want 10% of the time. 2. Get as much sleep as you need to be happy, healthy and fun to be around. 3. Make up creative excuses to get more exercise. 4. Do something every day that makes you laugh out loud. 5. Take a walk or get some other exercise whenever you feel stresses. 6. Go outside and play at least once a week. 7. Limit TV to one hour a day or less!

Chuckles for the day - "You can start your day over at any time." "It's OK to look back at the past - just don't stare at it."



**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.

**ADDITIONS TO 1998-99 ROSTER (Corrections & Changes of Address will be in March News)**

Bergloff, Jerry	19625 Hollyhills DR NE	Bothell	WA	98011
Craig, Jeanne Anne	1118-1st ST	Kirkland	WA	98033
Davis, Carol	6036-37th Ave NE	Seattle	WA	98115 206-527-0623
DeMiero, Francis G	9314 Olympic View DR	Edmonds	WA	98020
Graham, Martha B	18730-132nd Ave N E	Woodinville	WA	98072 425-487-9774
Hays, Richard D	2431-157th PL SE	Mill Creek	WA	98012
Hoffman, David C	8820-224th ST SW	Edmonds	WA	98026 425-778-6548
Jensen, Norman	4401-80th ST NE #38	Marysville	WA	98270
Johnson, Janet	4401-218th St SW #B	Mtlk Terrace	WA	98043
Kashiwa, Ann Tsuneko	24129 Beeson PL	Edmonds	WA	98026 425-889-3937
Larson, LoAnne	15514 Palatine LN N	Seattle	WA	98133
Lippman, Kurt P	6835 NE 55th PL	Bothell	WA	98011
Lubash, Frank V	23802-23rd Ave W	Bothell	WA	98011 425-771-1072
Marriott, Mary "Ginny"	4705-222nd SW	Mtlk Terrace	WA	98043
Marshall, Elizabeth Jo	14902-168th Ave NE	Woodinville	WA	98072
Martin, Susan	12966 NE 149th ST	Woodinville	WA	98072
McCracken, Annie L	8339 NE Juanita DR	Kirkland	WA	98034
Padden, Barbara	728 Hanna PL	Edmonds	WA	98020 425-771-8242
Psiester, Penny	7104 NE 181st #106	Bothell	WA	98011
Riley, Mary I	829-178th PL SW	Lynnwood	WA	98037 425-402-5302
Rime, Ramon T	9630 Laurel Ln	Edmonds	WA	98020 425-776-3277
Schloss, Floyd F	4202-79th PL NW	Marysville	WA	98271
Solseng, Hester	1223 N Knott ST	Coquille	OR	97423
Squillace, Ellen A	533 N 200th ST	Shoreline	WA	98133 206-524-3880
Storkson, Darlene	2031 Vernon Rd	Lake Stevens	WA	98258 425-334-5930
Sundin, Ken	23225-3rd Ave SE	Bothell	WA	98021 425-483-9721
Tracy, Christopher J	6320 NE 151st St	Bothell	WA	98021 425-488-7828
Williamson, Sherm M	24319-7th Ave SE	Bothell	WA	98021

<b>Worrall, Don W</b>	<b>37626 Olympic View Rd NE</b>	<b>Hansville</b>	<b>WA</b>	<b>98340</b>	
<b>Wyllys, Carol</b>	<b>5020-228th SE</b>	<b>Bothell</b>	<b>WA</b>	<b>98021</b>	<b>425-481-5456</b>
<b>Youngren, Harold L</b>	<b>5911-94th St SW</b>	<b>Mukilteo</b>	<b>WA</b>	<b>98275</b>	<b>425-355-7736</b>

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NEWS OF OUR MEMBERS

Barbara Berg and Joanne Dunn knew just the right time to leave the city. They spent all of January in sunny Palm Springs. They report that they are getting lots of sun - having a relaxing good time under clear blue skies. Temperature in the high seventies.

Joanne reports, you know you're getting older when you carry a briefcase on a trip to hold pills instead of papers.

Mexico is calling some of our members. Gayle & Chuck Bromley, Gene & Judy Kuriluk and Rita Requa are off to Bucarius (sp?) - it's near Puerto Vallarta for two weeks for some and a month for others in February. Steve Craig and his wife are traveling to Puerto Vallarta during Spring Break.

Virginia Bain (now DeLisle) really lucked out with her wedding - Friday evening before the big snow on Saturday - they took off early for their honeymoon in Mexico and enjoyed the sunshine while the rest of us were sliding and shivering.

Eleanor Wallis reports that she contacted Dr. Frank Hoban, Executive Director of WSRTA, regarding the report that Long Term Care Spectrum Policies were to be dropped. He checked with the Insurance Commissioners office and they are negotiating with Providence Ins., and reports that Spectrum people will not be dropped. If you are currently holding a Spectrum Policy you will be receiving another letter with this information.

News deadline for MARCH Bulletin is FEBRUARY 18, 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.