



RETIRED TEACHERS ASSOCIATION

JULY 1987

PRESIDENT'S MESSAGE

BULLETIN

Another school year has been completed, a new fiscal year is approaching (have you paid your '87-88 dues?), and a new group of retirees will be joining us. If you know someone who is retiring this year, please give him/her a call and a personal invitation to the July 16 picnic at Svendsens. Better yet, why not offer a ride! All new retirees will also receive a letter from our Unit.

Our 1987-88 officers were installed by Pat Svendsen at our June 18 meeting: Gordon Roberts, treasurer; Cheryl Bickford, secretary, Jim Becker, president-elect; and Marion Bellows, president. Then June and Gordon Roberts gave a most interesting presentation about their fascinating 100-day cruise aboard the SS Universe. What a trip!

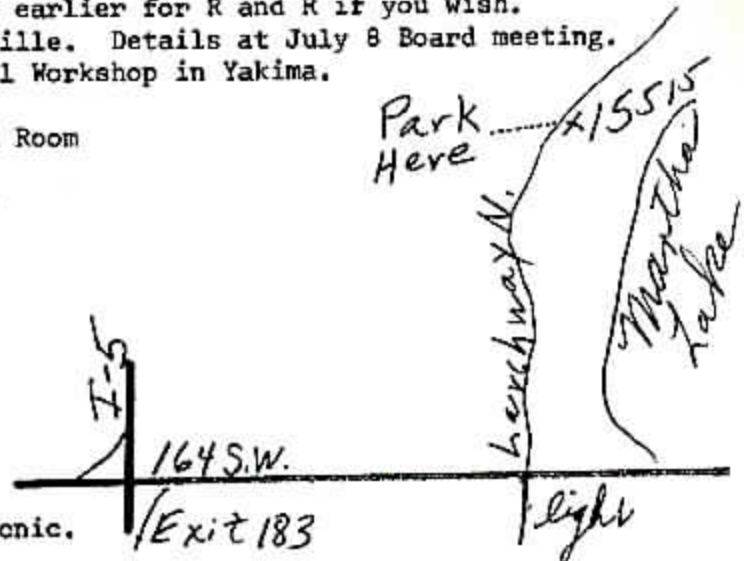
I wish to thank all committee personnel, officers, and all members who have been so helpful and supportive this past year. You have made my job enjoyable. I hope this next year will be even more successful by having more of you attend our meetings. Jim Becker has some fine ideas for programs--let's support him.

See you all at the Picnic, Marion Bellows

CALENDAR OF EVENTS

- July 1 - WSRTA Board and Chairmen meeting in Ellensburg
- July 8 - 1:30 p.m. Board meeting at Cheryl Bickford's
- July 16 - 4 p.m. Picnic at Svendsens'. Come earlier for R and R if you wish.
- August ? Board meeting at Hunters' at Hansville. Details at July 8 Board meeting.
- Sept. 10 - WSRTA-AARP Leadership Training Fall Workshop in Yakima.
- Sept. 9 - Board meeting
- Sept. 17 - 1:30 p.m. regular meeting at Board Room

ANNUAL PICNIC Thursday, July 16, 4p.m.
 Pat and Al Svendsens' home
 15515 Larchway North on west side of
 Martha Lake. Take Exit 183 from I-5
 or 164 SW on Aurora - go east to
 Larchway North. Phone 743-3482 if
 you get lost.
 Those who signed up at June meeting
 need not send in form--just pay Gordon at picnic.



PICNIC RESERVATION FORM

SNO-KING R.T.A. PICNIC, 4 p.m., July 16, at Svendsens'
Reservations close July 10, 1987

Please reserve () places at the picnic at \$4.50 each.

My check for \$ _____ is enclosed, signed _____

Mail reservations to: Sno-King RTA., P.O. Box 5253, Lynnwood, WA 98046-5253

LEGISLATIVE UPDATE - Gordon Bowers

Regarding Sno-King RTA's motion to seek additional legal opinions of possible litigation on pension inequity - COLAS - the WSRTA Board and delegates at the convention in Pasco voted June 10 to hold any further action in abeyance. With the delegate vote in increase dues to \$24 per year effective in July 1988, the intent is to hire a professional lobbyist to represent retired teachers.

Our best course is to continue personal contact efforts with our legislators and maintain our telephone tree which is the best path to the legislative process. Ruth and Winnie, along with the more than a dozen phone tree callers, have a vital roll. At this time, though, I urge each member to send at least one letter of thanks to his or her favorite legislator and state that we all will be working toward a COLA for the remaining 14,000 retired teachers who have never had a COLA, or any other pension increase of significance.

Retired teachers need all the help they can get to move the Legislature, but AARP's Legislative Chairman, Mike Rendish, and WSRTA-AARP Coordinator, Warren Downing, both state that the offers of help from AARP have been rejected by WSRTA. We hope steps will be taken to welcome assistance from AARP in working with the Legislature.

OTHER CONVENTION NOTES

New president Jessie Schroeder (pronounced Schrader) gave a fine message. She has chosen Paddy the Beaver as her mascot and her motto for the year is F. U. N., derived from Freedom to formulate ideas,
Unity to accomplish goals,
Numbers to negotiate with strength.
We have our work cut out for us.

Also, again we were reminded that our membership lists and addresses are strictly CONFIDENTIAL for our use only and are not to be given out to anyone!!

Welcome to three new members - add them to your roster.

Betty Bostrom - 19538 Eighth Ave. NW, Seattle, WA 98177 542-4736
June Dilworth Brown - 1744 NE 103 St., Seattle, WA 98125 525-7298
Thelma Soppe - 19005 Richmond Beach Drive, Seattle 98177 542-1674

We would love to see you three and all those associate active teachers come to our picnic.

Treasurer Roberts informs us that we now have 90 members on Automatic Dues Deduction from their retirement checks. Why not add your name to that list and simplify your life?

Helen McKean is home after a four-month stay in Fort Collins, Colorado, house-sitting with three Irish Setters while her son John was in Pakistan.

Myra Sorensen is recovering from cataract surgery and lens implant. And Paul Weaver says he will be going through the same process next month.

Our sincere thanks to Paul Weaver, charter Sno-King member, who just completed his term as District I representative on the WSRTA Board. Paul served us well, and we appreciate all his efforts for us. His successor is Helen Aamot from Skagit, San Juan, Island Unit, who has served as State Community Activities Chairman.

We are happy to announce that Eloise Stendal, our candidate from District I, was elected to the position of president-elect at the State Convention. She is an outstanding lady and will do a fine job in the two years ahead.

More Convention news. Our unit received a Membership Award for attaining a high of 249 members last year (76-87). With some concerted effort we hope to go far beyond that number next year.



I am only one,
But still I am one.
I cannot do everything,
But still I can do something,
And because I cannot do everything
I will not refuse to do the something
that I can do.

Edward Everett Hale



YOUR BLOOD WILL ROB 'DEM BONES'

If you don't get enough calcium in your diet, your body will steal it from your bones to make sure there's enough calcium in your blood. The average American adult consumes between 450 and 600 mg. of calcium a day, according to the National Institutes of Health—far below the required daily amount of 1,000 mg. to 1,500 mg. a day.

Non-fat milk is an excellent way to get your calcium. An 8 oz. glass supplies just 90 calories, only a trace of fat, 8 grams of protein, and 300 mg. of calcium. ☐

Did you know that older age is when you bend over to tie your shoe, and wonder if there isn't something else you can do while you are down there.

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)

Community Service Chairman Betty Puckett has a number of items for our information.

There will be a CPR class at Northwest Hospital on July 13. To register, please call 364-0500.

Mall walkers at Northgate can have their blood pressure taken on Wednesdays from 8 to 9:30 a.m. Also, the attendees will answer any health questions you may have.

Are you interested in visiting the Henry M. Jackson Hydro Dam up Sultan way? If so, call toll free 1-800-562-9142, extension 8668 and ask for Michele Marshall. Visitors are welcome through September.

Another 55 Alive session is planned for September. If you are interested, let Betty know--call 522-8921.

All news items for the September Bulletin should reach Betty Odle by August 20. Her address is 2137 North 86 Street, Seattle, WA 98103 525-8276

Theodore Roosevelt said: "Every man owes a part of his time and money to the business or industry in which he is engaged. No man has a moral right to withhold his support from an organization that is striving to improve conditions within his sphere."

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

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