

❖ SNO-KING RTA Bulletin ❖

President: Phyllis Enger, 486-1127

Editor: Betty Odle, 525-8276

July 1994



President's Message

Copenhagen, June 25. Our bags are packed, our plane tickets double checked and tomorrow morning will find us headed for the airport for a direct flight to Seattle. The hour is late but the sun is still bright in the sky and, of course, I'm not sleepy. We have had a wonderful trip, but now my thoughts return to reality. In a few hours I'll have to return to checking appointment schedules, not train schedules.

If I think too much about it, I get a feeling of panic. Who can step into the shoes of our efficient Jim Becker? Still, I know I shouldn't feel that way, because I won't be alone. There is a capable and dedicated group of board members who will carry on the program and help our Sno-King RTA retain the leadership role it has established. Together we will continue to work for our goals of improving retirement benefits for Plan I retirees, to make revisions in requirements for Plan II retirees, to continue our interest in education by volunteering in many ways and be supporting future educators through our scholarship program. We do need your continued support. Please find time in your busy schedules to attend a meeting, bring a friend along. Look at our roster for the coming year, pick up the phone and call a board member if there is an area or a task where you'd be interested in helping. Our retirement program won't just happen. It belongs to every one of us. A good start would be the July 21 picnic at Edmonds. (Details below.) There we will meet new retirees and this year we will meet legislators and candidates for the Legislature. It will be a good time to renew old acquaintances and have an opportunity to meet those running for the Legislature.

I look forward to meeting you and getting to know you as we work together in our organization.

Phyllis Enger, President

PICNIC, PICNIC PICNIC

We hope that all the new retirees from Edmonds, Northshore and Shoreline will be able to join us for our annual picnic July 21 at Edmonds City Park, Kitchen #1. If you know any of the new retirees won't you call them and issue them a special invitation to come to the picnic.

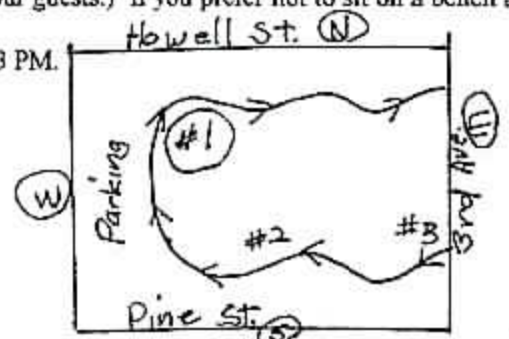
In order to plan the food order we need to have reservations by noon, Monday, July 18. Call Betty Odle, 525-8276 (you can leave a message on her machine.)

The cost of the picnic is \$5 per member. (New retirees and spouses are our guests.) If you prefer not to sit on a bench at the picnic please bring your own folding chairs.

Most of us will be there between 12 and 2 PM and we will plan to eat at 3 PM.

PICNIC DIRECTIONS: The directions to Kitchen #1 at Howell Park (Edmonds City Park) are as follows: take SR 104 (Edmonds Way to Edmonds) [DO NOT take arterial off-ramp to Edmonds-Kingston Ferry] and follow 5th Ave S (toward downtown Edmonds) to Pine St. Turn left on Pine to 3rd Ave, turn right to park entrance on left.

Proceed through park to Kitchen #1. We have space reserved from noon to 4:30 p.m. THINK SUNSHINE!!!



COMING EVENTS:

- | | | |
|-----------|------------|--|
| July 14 | 1:30 PM | Board Meeting at Phyllis Enger's, 24209-26th SE, Bothell, 486-1127. |
| July 21 | 12-4:30 PM | Picnic honoring new retirees and all announced candidates for the legislature will be invited to attend. Food will be served at 3 PM. Call Betty Odle (525-8276) for reservations. |
| August 18 | 12-3:30 pm | Board Potluck-Seattle Times Building, North Creek Plant, 19200-120th AVE NE, Bothell. Take Exit 24 off 405, East to 120th and turn right. |

HEALTH & PROTECTIVE SERVICES

Gordon Bowers, Chairman, 778-9202

US SENATOR GORTON sent a June urgent message to Washington residents regarding a bill now in Congress - HR 4245, that he states "If this legislation is allow to pass, it will increase taxes on Social security, cut benefits for senior citizens an average of 8.6%, and cut cost of living adjustments (COLAs). Enclosed was an opinion ballot - 'PROTECTING SOCIAL SECURITY' to be mailed to him. For more information, call his Seattle office - 553-0350.

CPR - NOW IT'S EASY - Please read **READER'S DIGEST**, July, Pages 87-90 for a quick review with pictures and a clip out handy diagram for reference on how to give CPR. Did you remember the CPR cycle is two breaths, then 15 compressions done over nine to 11 seconds? Also, note in the article page 87, that in Seattle 50 to 60 percent of heart attack victims receive CPR from a bystander, and Seattle also has the nation's best record for survival after heart stoppage and CPR IS GIVEN

Regarding **HEALTH CARE REFORM** - the confusion continues, but AARP has a new 800 toll free number to update info on health care legislation. The free call number is 1-800 HLTH-CARE (1-4584-2273).

The Washington State Health Care Authority has announced that retirees' monthly health insurance premium will go down starting July 1, 1994. The State is contributing an extra \$28.50 to those not on Medicare, and \$11.40 per month for Medicare recipients. If your pension check does not reflect same, call the **HEALTH CARE AUTHORITY** 1-800-200-1004.

A University of California dermatologist, Michael Martin has written a book, **HOW TO OUTSMART THE SUN** (Penmartin Books) to warn about the danger of ultraviolet radiation on the skin that cause melanoma skin cancer and the more common basal and squamous cell cancers. **HIS ADVICE IS: USE SUNBLOCK, BROADBRIMMED HATS, SUNGLASSES AND FORGET ABOUT THAT PERFECT TAN...ACCEPT THE PIGMENTATION YOU WERE BORN**

55-ALIVE-MATURE DRIVING CLASSES

Betty Puckett, **COMMUNITY SERVICE COMMITTEE CHAIR**, announces the schedule for Fall Classes in **55-ALIVE**. They are scheduled for September 14 & 15, October 12 & 13, November 16 & 17 and December 7 & 8. Classes will be held at Edmonds Park and Recreation Center, 700 Main, Edmonds. Phone 771-0230 to register.

Classes meet from 9 a.m. to 1:30 p.m. each day for the two successive days. Bring a snack if you wish. Material fee is \$8.00, payable to AARP. You must register in advance through Edmonds Recreation. Class is limited to 20. Call Betty Puckett, 522-8921 if you have any questions.

CHARLOTTE HAS BEEN FOUND!!!

It seems that Joanne Dunn took a chance for a friend named Charlotte - so now the lovely little bunne will have a home! Thanks again to Patricia Lay for making such a wonderful rabbit.

MUSINGS OF AN EX-PRESIDENT by Jim Becker

Can you ever say, "Good-bye" and move on without leaving pieces of yourself behind?

While I am not "out the door," chances are you'll be seeing less of me next year. What will I be doing? I want to get involved in the U.S. senatorial race as well as to work for legislative candidates who will commit themselves to pension improvement for retired teachers.

As to the pieces I am leaving behind, I will be helping with the Everett WSRTA Convention next June. Also, I will assist in planning and amnaging the Unit's Retirement Planning Seminar for school employees in our service area.

But, living in downtown Scattle and finding the 45-60 minute commute each way to Unit activities something I want to do less of, I will not be coming out as often.

There is much personal satisfaction for me in having taken part in the Unit's growth in size and prominence in membership expansion, legislative lobbying and retirement planning. There are many who can follow me and provide continuity and leadership in accomplishing Unit goals.

A member once said, jokingly, I'm sure, but with real awareness: "If you're willing to take an office or committee responsibility, it's like 'for life'." It may seem this way, but it's really a matter of being willing to step forward and say, "I will", when asked or needed.

Thank all of you for your support and good faith during my term of office as your president. In turn, I want to wish Phyllis Enger and her officers and committee chairmen much good luck and success.

(Editorial comment: I know I speak for all our members in thanking Jim for his "devotion to duty". He has been a wonderful leader and has spent many hours working on membership and retirement planning in addition to his presidential duties. We are sure that he will continue to support his unit - won't you join him in that support?)

1994-95 DUES WERE DUE JULY 1, 1994 IF YOU PAY CASH! It's easy to forget when dues are renewable, unless you are on Automatic Dues Deduction. If you are not sure if you are on ADD call Ed Osborn, 364-3523. If you are on cash payment please use Form (A) below, if you wish to change to ADD, use Form (B).

(A) CASH	(B) DUES DEDUCTION AUTHORIZATION FORM
WASHINGTON STATE RETIRED TEACHERS ASSOC.	WASHINGTON STATE RETIRED TEACHERS ASSOC.
Local Unit No. <u>23</u>	910-B Lakeridge Way SW Olympia, WA 98502-6036 Local Unit No. <u>23</u>
Name _____ Phone _____	Name (print or type) _____
Address(Summer) _____	Address: _____
Address(Winter) _____	Retirement No. _____ Soc. Sec. No. _____
Retirement No. _____ Soc. Sec. No. _____	Legislative District _____ Name of Local Unit <u>Sno-King</u>
Legislative District _____ Name of Local Unit: <u>Sno-King</u>	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.
Signature: _____	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.
MEMBERSHIP PLAN: I pay yearly: (check) State Dues () \$24, Local Dues () \$6,	(Please check) State (\$2) Local(\$5.50) Total (\$2.50) per month
Associate Dues (Spouse) () \$2, Total _____	Date _____ Signature _____
(Make check out to Sno-King RTA and send payment to Sno-King RTA, P.O. Box 5253, Lynnwood, WA 98046-5253)	

SHARE YOUR SPECIAL TEACHING EXPERIENCE STORIES

We continue to receive several more stories each month - but we need more to make it worthwhile to put together in a little book. Remember when we print the stories they will be sold to benefit our Scholarship Fund. Everyone must have some interesting, or amusing stories to share - they could be about you, or your students. Most of the stories so far are about younger children - surely some interesting things happened at the Junior High or High School level.

Please share at least one of your experiences with us - everyone must have a tale to tell!

WE WILL GO TO PRESS THIS SUMMER - WE HOPE YOUR STORIES WILL BE PART OF THE BOOK!

Send your stories to Betty Odle, 2137 N 86th ST, Seattle, WA 98103. Thanks!!!

NEWS ABOUT OUR MEMBERS

We are sorry to report the death of our member *Nancy (Martha) Goodlet*. Many of our members attended the memorial service for Nancy. Our deepest sympathy to her family and friends.

Phyllis and Harold Enger recently returned from a trip to Italy and Scandinavia. They flew on SAS to Copenhagen then on to Milan. There they rented a car and drove to the area between Bologna and Florence. They relaxed with friends and visited the rural areas where Harold had been an Infantry soldier in WWII. On June 11 there was a special meeting of his Division with Italian partisans attending. It was held at a mountain site that today has been made on Italian historical monument honoring the American, British and Italian soldiers who fought there. After returning to Milan they flew to Copenhagen, took a "Lay over" and used a Scan Rail pass to visit Norway. They visited Copenhagen, Oslo, Lillihamar, Trondheim, Bergen and the Soguefjord area. Both Phyllis and Harold have great grandparents from these areas. For Phyllis it was a special treat to be at the Aurland American Norwegian Immigration 150th anniversary (since the first sailboats left there for America.) Her great grandparents were emigrants in 1854. The Engers enjoyed using the rail pass. It was much more relaxing than driving in Italy! They both feel a return trip to Norway is a future goal, however, they are thankful for this trip and glad to be back home.

SNO-KING HAD GOOD TURNOUT AT STATE CONVENTION

Sno-King RTA had 18 members attending the 1994 WSRTA Convention in Kelso. We were glad that Eleanor Robinson-Wallis NW-1 Representative on the Board was able to attend. Others from our Unit were: Jim Becker, Marion Bellows, Barbara Berg, Eleanor Bonano, Deborah Cooley, Joanne Dunn, Phyllis Fiege, Wes Grande, Lois Grasmick, Genevieve Kimm, Betty Odle, Ed Osborn, Frances Peters, Betty Puckett, Ruthanne Warren and Georgianna Young as Unit delegates and two members as state delegates: Joan Brown and Eleanor Robinson-Wallis.

Sno-King received a number of awards: Membership-Consecutive all-time high (8 years), increased ADD membership, and increased retiree membership; Information Awards - Excellent award for our newsletter and Excellent award for our Directory; and the Unit received the "Unit of Distinction" award.

LEGISLATIVE NEWS - Joanne Dunn, Chair 363-7843

Lee Ozmun, WSRTA lobbyist, was very well received at the June membership meeting. As usual, his speech was full of the latest information from Olympia, giving us guidance on what we can do to improve our pension situation.

Lee said that the most important things we can do right now are to (1) contact members of the Joint Committee on Pension Policy (See list below), (2) contact members of the Legislature, and (3) work on the campaigns of candidates for the Legislature.

He urged us to **personalize our messages** to legislators, stressing that the most meaningful information we can give them is about *our own* personal situation and how it has deteriorated since we retired. He asked those in attendance to **fill out a form** showing the changes in their incomes and expenditures since retirement. If you did not attend the meeting, please fill out the form (see page 5) and return to me so that I can use the information when I contact legislators and forward it to Lee for inclusion in his report to legislators. We do not need your signature.

In your **contacts with legislators, candidates for the legislature, and members of the Joint Committee**, the message is simple: "Will you support a COLA? This is the situation we are in. (Insert your personal information.) We know you are very concerned about the effects of Initiative 601 on the budget, but COLA improvement can be funded by using some of the surplus earnings of the pension fund. Are you willing to support this - and to provide leadership to bring it about?"

Legislators will meet in their caucuses at least twice before the next session begins. Ask them **specifically** if they are willing to speak up in those caucuses on behalf of retired educational employees. If they do, this will affect the members of the JCPP in time for proposals to come out of that committee.

Now is the time to **write members of the JCPP** because they are currently studying Plans 1 and 2 in order to determine what legislation they will recommend to the next session. They meet the third Tuesday of each month (except August). The June and July meetings deal with Plan 2, and the September meeting with Plan 1. **Members are encouraged to attend.** Call me at 363-7843 for specific information a few days before the meeting.

Now is the time to volunteer to work on **candidates campaigns**. Volunteer forms were handed out which will be given to the appropriate candidates. (See form on page 5 if you were not at the meeting.)

Lee's speech was preceded by a skit in which members Barbara Berg, Betty Odle, Frances Peters, Betty Puckett, and Georgianna Young, as reluctant volunteers, were reassured by "campaign manager" Phyllis Fiege about all of their many concerns! Doorbelling to leave campaign literature and telephoning will not get you in political arguments because you will be asked to refer questions directly to the candidate. Only an hour of work is warmly welcomed. You needn't fear knowing what to say when telephoning, because you would be provided with a short script and, again, asked to refer questions directly to the candidate. Don't worry about getting lost while doorbelling. You would be sent out with a partner—even better, bring your own!

Lee illustrated the very best method of increasing membership, attendance at meetings, and volunteering for political campaigns, by coming up to me, taking my arm and asking me to come with him to attend a meeting, to volunteer... This works and is something every one of us can do - and enjoy some time with an old friend at the same time!

THE NEXT OPPORTUNITY - THE SNO-KING PICNIC

Please attend our annual picnic to honor new retirees from Edmonds, Northshore and Shoreline. We have invited the **candidates for the legislature** from the 1st, 21st, 32nd and 44th districts. This is a good opportunity to meet them, talk with them and decide on your favorite. **(THERE WILL BE NO SPEECHES!)**

MEMBERS OF THE 1994 JCPP COMMITTEE:Senators

Al Bauer-Chair(D)#49
13611 NE 20th AVE
Vancouver 98686
(206)573-1852
Emilio Cantu(R)#41
4416-138th AVE SE
Bellevue 98006
(206)643-1980
Karen Fraser(D) #22
6710 Sierra DR SE
Lacey 98503
(206)491-4223
Gary Nelson(R)#21
9710 Wharf St
Edmonds 98020
(206)778-8362

Irv Newhouse(R)#15
1160 Murray RD
Mabton, 98935
(509)837-2907
Harriet Spanel(D)#40
901 Liberty ST
Bellingham 98225
(206)733-9457
Larry Vognild(D)#38
1710 32nd ST
Everett 98201
(206)464-5470
Shirley Winsley(R)#28
539 Buena Vista Ave
Fircrest 98466
(206)564-5494

Representatives

Kelli Linville-V.Ch(D)#42
2737 Eldridge AVE
Bellingham 98225
(206)671-2619
Don Carlson(4) #49
5608 NE 91st Court
Vancouver 98662
(206)896-6530
Suzette Cooke(R)#47
25307 144th AVE SE
Kent 98042
(206)631-5021
Dennis Dellwo(D) #3
SeaFirst Center #1900
Spokane 99201
(509)327-9445

Jeanine Long (R) #44
14730-24th AVE SE
Mill Creek 98012
(206)337-2158
W. Kim Peery(D) #17
POBox 1015
Camas 98607
(206)892-6080
Barry Sehlin(R)#10
POBox 762
Oak Harbor 98277
(206)675-8430
Helen Sommers (D) #38
2832 West Elmore Pl
Seattle 98199
(206)283-6388