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# **SNO-KING SCHOOL RETIREES**

# **NEWS**

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**JULY 1998**

**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**

We can all be proud of our 24 delegates to the WSRTA general assembly (state convention) in Wenatchee June 8-10. Being one of the largest and best represented units, our votes counted as most proposed changes to the constitution and bylaws were defeated. Our delegates had met beforehand to discuss the issues and generally resisted unnecessary changes.

Be sure to read Jack Rogers' column regarding "Political Action Season." The gains we reaped from the last Legislature are an indication of what is possible if we communicate directly with our law makers.

Make plans to attend our annual SNO-KING picnic on July 16th. It is a great opportunity to chat with retirees you haven't seen for awhile or to welcome new retirees. If you know someone who is retiring this year, invite them to go with you. Look for the Picnic notice below. WE provide the food!

This month I begin my term of office as your president. We are still looking for some good program topics or entertainment for our meetings and would welcome your suggestions. Please make a commitment to attend the picnic or one of our meetings. Our members are the nicest people!!!

*Don Denton*





**MEMBERSHIP EXPANSION COMMITTEE - Don Denton, Chair, 425-692-6746**

At the WSRTA state convention, our Sno-King unit was the "most recognized" unit for membership expansion awards. Because 600-700 of our statewide WSRTA members die each year, just maintaining membership at the 16,000 mark is often difficult. Our unit is one of only two in the state which has consistently gained in membership for twelve consecutive years (Chelan-Douglas has 14). This year we had the most new "active" members, the most new "retired" members, and the most members signing up for automatic dues deduction.

If you are one of the few who pay your dues annually, now is the time. While you write your check, remember the \$85 per month (each) that the State now contributes toward your medical insurance and the age 66 COLA (plus the gains sharing increase in the COLA) that we wouldn't have without a strong state school retirees organization. If you are not on automatic deduction and would like to be, call me, or fill out the Automatic Dues Deduction form on Page 5, and send to Sno-King School Retirees, P O Box 33962, Seattle, WA, 98133-0962.

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

Joe Manley is still in intensive care at University of Washington Hospital. He really enjoys receiving funny cards - so let him know you are thinking about him and send him a "good humor" card.

Irma Bendock is in Northwest Hospital for treatment for a serious infection - send her your good thoughts and wishes for a speedy recovery.

Elbert Honeycutt is going in for tests - but Fran reports that he is in his usual good spirits.

**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 in advance 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 instructor at class time.

Fall dates are: September 9 and 10, October 14 and 15, November 4 and 5 and December 9 and 10. Classes are held 9:00 AM to 1:00 PM at Anderson Center, 700 Main St., Edmonds, WA. If the above dates are not feasible, call Bob Jones, 425-787-2727 for other places and dates in the area.

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

**It's a politically active Summer.**

The campaign season for state legislative races is now upon us. Political candidates now have their campaigns in full swing and are desperate for money and volunteers. The Sno-King RTA has a commendable history of political involvement, and it is important that we continue that tradition. The fate of public education in general and our pension plan in particular lies in the hands of state government. It is vital that we elect responsive legislators who will address the issues which are important to us. It is equally important that those elected acknowledge that they had active support from members of the retired teachers group. Elected officials tend to remember who helped them when critical votes arise. I encourage you to actively support and work for a candidate of your choice this summer and fall, and make sure the candidate knows you are from Sno-King School Retirees.

**I help people build secure retirements!** Whether you are a school employee or retiree, see me for 403(b)s, IRAs, TSAs, Annuities, rollovers, free consultations, and Long Term Care Insurance. Ask me about the new State long term care plan. **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

President-elect *Rita Requa* is back from her European travels and pronounces a success her plan to stay in touch with her family through the Internet instead of postcards. (The strategy was detailed in the May issue of Sno-King News). Before she left home, she set up communication by accessing a free service through [hotmail.com](http://hotmail.com) to list the names and e-mail addresses of all people with whom she would be corresponding.

This e-mail site then became her mailbox, so to speak, as she journeyed through Europe. As she arrived in each new city or town, she sought out an internet site by checking with her tour guide who also had to stay in touch with his Edmonds office. And, sometimes, a computer store became the best source for asking where she could access a computer.

"Everyone uses Netscape in Europe," Rita explained. "But the keyboard layouts vary." (In Germany, the letter "y" is in the lower left corner of the keyboard rather than upper center, e.g.) She found most of the Internet sites charged by 15-minute increments, but in Munich she paid for one-hour increments even if she only used 15 minutes. The cost was about \$5 for 30 minutes, depending on how many messages were waiting and how many she had to answer. "It was an excellent way to stay in immediate touch with my family, and it was cheaper than phone calls," Rita says. "I really recommend it."

Two other observations from Rita: 1) she carried an extra passport-sized photo and was able to get a one-week Tube (subway) pass in London for a very nominal cost. 2) She found in France that bottled water cost 20 francs and local wine cost 18 francs. Guess which she ordered with her meals and snacks!

My husband and I spent some time searching for sunshine in mid-June when rain continued to fall here, and we actually found quite a bit. If you like to drive, enjoy wide-open spaces, don't mind occasional chasms and river valleys, and click on Northwest history, you might enjoy some of these sites.

Our journey took us north through the Sumas border-crossing into British Columbia where we connected with east-west Trans-Canada Hwy #1. We followed the Fraser River canyon northward through little towns like Yale (wonderful historic church and steamboat landing), Boston Bar and Spuzzum. Our destination was tiny Ashcroft, an historic mining town just south of Cache Creek on the Thompson River. A picturesque museum there chronicles 150 years of activity by miners and prospectors in the nearby hills.

From Ashcroft, a new, sweeping highway (#97C) leads over the mountain to the town of Logan Lake. Along the way, you encounter Highland Valley, one of the largest copper mines in the world, sprawling over hundreds of acres and open for tours. Beyond Kamloops was our favorite picnic stop, Salmon Arm, a town on the many-fingered Lake Shuswap. The town's marina park and lo-o-ong pier were delightful. Our favorite overnight was in Revelstoke, arguably one of the prettiest locations because it is surrounded by Glacier and Revelstoke National Parks. (The town was named for Lord Revelstoke, a supporter of the original Canadian Pacific Railroad).

Dropping south from Golden, we entered Montana at the U.S. border station of Roosville and underwent one of the strangest searches we've encountered. I don't know whether to believe the border guard's explanation, or if we fit some skewed profile of senior citizen smugglers. He said we were flagged automatically on his computer as the 350th (or 700th) traveler(s). We were handed a printed sheet entitled "Why Me" which said we had been "selected to participate in a random compliance examination."

We were driven into a large garage where our bags were searched, our engine checked and floormats turned over, even our ice chest inspected. We're talking here about unscrewing toothpaste tubes, checking into cosmetics and sniffing mayo jars. We tested clean, fortunately.

The rest of our journey was less eventful through Montana, southwest Idaho, Hell's Canyon and into eastern Oregon. Our final destination was the national Oregon Trail Interpretive Center, a soaring edifice overlooking the city of Baker and Blue Mountains beyond. The center is quite incredible - audio, visual, and lifesized interpretive displays of the struggle by wagon trains to reach the "promised land" of the Pacific Northwest. And to punctuate the story, the indelible wagon ruts of the old trail are visible just a few hundred yards from the center.

Odd addenda from the trip: 1) Our best gourmet meals were in obscure restaurants which bear men's names. Frankie's in Ashcroft, Claudio's in Revelstoke and Oscar's in Grangeville, Idaho. Outstanding food for reasonable prices. 2) Substitute-teaching pay in Idaho, at least in Grangeville, is \$56 a day, according to our waitress who subs in middle-school English classrooms. 3) The \$10 lifetime senior-citizen pass you can obtain at any national park of center (like the Oregon Trail) is the best investment you'll make. We've used it from Utah to Florida for free admission to all national sites. 4) For the greatest coffee and lattes east of Seattle, stop at Montana Coffee Traders on the west edge of Whitefish, Montana. They roast their beans on-site and carry about 40 varieties. We brought home a wonderful blend inexplicably named Rising Wolf. 5) If you like old military vehicles, there's a quirky retail yard in a dusty field just north of Weiser, Idaho where the vehicles they sell surely range from the Battle of Verdun to the Burma Campaign.

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)





## NEWS OF OUR MEMBERS

**It was great to have Eleanor Robinson join us at the Board Meeting on June 25 - as usual she shared some good ideas.**

**Barbara Berg and a friend will be leaving July 5 for a four or five week trip to Alaska. They will be driving the Alcan Highway with side trips to Skagway and Valdez. They will begin a 13 night Elderhostel - the first week in Anchorage at Alaska Pacific University - a 3-day Hostel in Denali National Park - then on to Fairbanks for a week at the University of Alaska. Then the long drive home! Have a good trip, Barbara!**

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

**NEWEST IDEA ON WHO IS OVERWEIGHT** - Last month the National Institute of Health introduced a new height/weight formula called the "Body Mass Index" (BMI);, which supposedly tells whether one has been eating too much rich, dense fat foods and sweets, plus exercising too little. But the BMI is not a perfect measure of fatness, according to Jane Brody, Personal Health writer for the Everett Herald. She states that physicians will be urged to measure the patients' waistlines. Fat that collects around the belly is the most serious threat to strokes and heart attacks. Men with waists of more than 40 inches and women whose waists exceed 35 inches face an increasing risk of developing serious health problems. Weight on the hips and thighs is not as dangerous as around the middle. However, this latest idea may be like the new one on diastolic blood pressure that should be lowered to between 70 and 80, easier said than done! **ASK YOUR DOCTOR!**

**COST OF LIVING** - Health care costs are expected to be double digit increases in 1999. Traditional plans that let the patient choose the doctor will increase 12 - 15 percent, while HMO's will raise 5 - 7 percent, according to the consulting firm, Watson-Wyatt-Worldwide. Reasons given are that only 49 percent to insurance plans showed a profit last year; pharmaceutical companies are developing higher priced drugs, baby boomers are ageing and developing more ailments. Permanente, the nations' largest HMO has already told employees it has plans for a 12 percent increase and maybe higher.

**HEART DISEASE IS AN EQUAL OPPORTUNITY VILLIAN** - In 1995, twice as many women died from heart disease as from all cancers combined. More women than men have died from cardiovascular disease every year since 1984. More than half of all women age 55 have high blood pressure - the "Silent Killer" - data is from Virginia Mason Medical Center.

Some key suggestions to avoid the problem - achieve and maintain a healthy weight, take part in 30 minutes of physical activity on most days of the week, have blood pressure, cholesterol, and blood glucose levels checked regularly, but **EXERCISE!**

**SEATTLE RESEARCHERS FIND NEW GENE RELATED TO ALZHEIMER'S** it is the second Alzheimer's gene found by Dr. Gerald Schellenberg and associates at the Veterans Affairs Medical Center and the University of Washington. Though not an Alzheimer's gene, the patients' brain cells were filled with abnormal tangles of protein filaments, but lacked the amyloid protein plaque that clogs the brains of Alzheimer's patients. Though the brain cell deterioration was similar, patients had different symptoms - schizophrenia like delusions, became argumentative, short tempered, and some have symptoms of Parkinson's disease, including muscular rigidity and slow movements or other symptoms of Lou Gehrig's disease. This is an extremely complicated problem facing older people because of the difficulty in diagnosing, but researchers are making progress on the causes and solutions. The villian in this case is a defect in a gene on the chromosome 17 called TAU, and the research team is making good progress on brain disease studied.

**HOMEWORK** The purpose of these health articles is primarily to report on the best news of research projects, but occasionally we all need to review some life saving info - only half of all adults could accurately identify symptoms of a heart attack. Please memorize this lesson: **PRESSURE, FULLNESS, DISCOMFORT AND SQUEEZING IN THE CHEST - PAIN SPREADING TO THE SHOULDERS, NECK AND ARMS, SWEATING, LIGHT HEADEDNESS, FAINTING, NAUSEA AND SHORTNESS OF BREATH. CALL 911. CLOT BUSTERS MUST BE GIVEN WITHIN 3 HOURS!** (more info, Readers' Digest, July, '98, p. 124. Hope you never need to use this, but aren't you glad you know?)

**WELCOME TO THE RETIREMENT WORLD, SNO-KING MEMBERS!**

Sno-King School Retirees congratulate our members on their retirement: from Northshore School District: Linda Clifton, Jackie Grandemange, Lynda Humphrey, Paulette Kipp, Eileen Peterson, Pat Smith, Arlen Vixie, Jon Wartes, Julie Whitworth and Jessie Yoshida. From Edmonds School District: Andrea Boushey, Ann Foley, Karenjean Hoetmer, Carol Johnston, Dave Jones, Paul Kipping, Carol Nall, Alice Soma, Patricia Wahrgyen, and David Wilson. And our members retiring from Shoreline School District: Steve Craig, Lynne Geib, Jan Mangels and Gary Tangen. We hope to see all of these members at the picnic so we can welcome them into the wonderful world of retirement!

**CHECK YOUR LABEL FOR DUES PAYMENT CODE  
SEE PAGE 5 TO DECODE**



**CHECK YOUR MAILING LABEL!**

If you have **7/1/98** above your name that means your 1998-99 CASH DUES ARE DUE JULY 1, 1998!

If you are retired and have **DD** above your name you are on automatic dues deduction.

If you are an active school employee on automatic dues deduction there will be a **TE** on the first line.

If you find **???** that means that you were on automatic dues deduction but for some reason you are no longer - it may be that you retired but did not sign the new form which automatically transfers your membership, or perhaps you are on "Leave of Absence". Retirees can use Form B if TRS or Form C if PERS for automatic deduction. Those on Leave of Absence can stay on our membership rolls by using Form A and pay cash until you are reinstated by the school district. Call Treasurer Donna Murrish, 206-363-5753, if you have any questions.

Those with **COMP** above their name are officials of WSRTA or AARP or Presidents of other Units, etc. or new retirees who will receive complimentary newsletters in July and September.

We do not want to drop any of our members from our newsletter list but the cost of the newsletter and the roster and mailing take up about \$7.00 of each person's yearly \$12 local dues, so if you have a date that is not 7/1/99 or have ??? above your name please send in your dues for the year beginning July 1, 1998.

If your records do not agree with ours, please call Donna Murrish, 206-363-5753.

**(A)****WASHINGTON STATE RETIRED TEACHERS ASSOC.**

Local Unit #23: Sno-King School Retirees

CASH PAYMENT

Name \_\_\_\_\_

Phone \_\_\_\_\_

Address \_\_\_\_\_

Winter (if different) \_\_\_\_\_

Soc. Security No. \_\_\_\_\_

Legislative District \_\_\_\_\_

Signature: \_\_\_\_\_

MEMBERSHIP DUES: \$48.00 Per Year

(includes \$36 state and \$12 local)

Associate Member dues - (spouse) - \$2

Total Amount Enclosed: \$ \_\_\_\_\_

(Make check out to Sno-King School Retirees and send payment to:

Sno-King School Retirees

P.O. Box 33962, Seattle, WA 98133-0962)

It's easy to forget when dues are renewable, unless you are on Automatic Dues Deduction. If you are on cash payment please use Form (A); if you wish to change to ADD, use Form (B) for TRS and Form (C) for PERS. Remember if you use Form B or Form C you can just sign your name and relax and not ever have to write another check for dues in WSRTA or Sno-King - it's the way to go!

Send all forms to Sno-King School Retirees, P.O. Box 33962, Seattle, WA 98133-0962.

(B) DUES DEDUCTION AUTHORIZATION FORM - TRS

**WASHINGTON STATE RETIRED TEACHERS ASSOC.**

910-B Lakeridge Way SW, Olympia, WA 98502-6036

Local Unit No. 23: Sno-King School Retirees

*Please Print or Type*

Name \_\_\_\_\_

(Last) (First) (Initial)

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

(Street) (Phone)

(City) (State) (Zip)

Retirement Plan (circle one) TRS-1 TRS-2 TRS-3.

Month/Year of Retirement \_\_\_\_\_

Soc. Sec. No. \_\_\_\_\_ Leg. Dist. \_\_\_\_\_ Cong. Dist. \_\_\_\_\_

I authorize the Washington Teachers' Retirement System to deduct the following dues and any future increases as voted by the membership from my monthly retirement allowance and to pay such deduction to the Washington State Retired Teachers Association.

*Should I wish to cancel ensuing deductions I will send a written notification of cancellation to Washington State Teachers Retirement System.*

DUES: STATE (\$3) LOCAL (51) TOTAL (54) per month

Signature \_\_\_\_\_

Date \_\_\_\_\_

(Send form to Sno King School Retirees, P O Box 33962, Seattle, WA 98133-0962.)

(C) DUES DEDUCTION AUTHORIZATION FORM - PERS

**WASHINGTON STATE RETIRED TEACHERS ASSOC.**

910-B Lakeridge Way SW, Olympia, WA 98502-6036

Local Unit No. 23: Sno-King School Retirees

*Please Print or Type*

Name \_\_\_\_\_

(Last) (First) (Initial)

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

(Street) (Phone)

(City) (State) (Zip)

Retirement Plan (circle one) PERS-1 PERS-2

Month/Year of Retirement \_\_\_\_\_

Soc. Sec. No. \_\_\_\_\_ Leg. Dist. \_\_\_\_\_ Cong. Dist. \_\_\_\_\_

I authorize the Washington State Public Employees Retirement System to deduct the following dues and any future increases as voted by the membership from my monthly retirement allowance and to pay such deduction to the Washington State Retired Teachers Association.

*Should I wish to cancel ensuing deductions I will send a written notification of cancellation to Washington State Teachers Retirement System.*

DUES: STATE (\$3) LOCAL (51) TOTAL (54) per month

Signature \_\_\_\_\_

Date \_\_\_\_\_

(Send form to Sno-King School Retirees, P O Box 33962, Seattle, WA 98133-0962)



**MEMBER SERVICES -BARBARA BERG, CHAIR - 425-483-2671**

**SUMMERCOLLEGE - JULY 27 TO 31 - SHORELINE COMMUNITY COLLEGE**

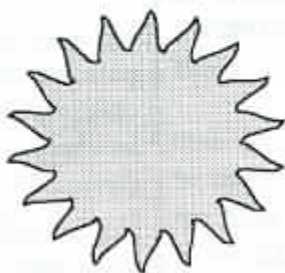
This is a special session for folks over 50. The cost of the program is \$50. The fee includes the full 5-day program from 7:30 a.m. to 1:15 p.m. daily, except for lunch and snack costs. Some of the classes being offered are: Behind the Scenes with the New Media, True Confessions of a Writer, Difficult People and the Gentle Art of Self Defense, Our Search for a Public Tax Policy, and Popular Music of World War II.

Walk-in registrants welcome during Summercollege Week. For more information call 206-546-4636. Sounds like fun!

**GOOD  
FOOD**

**GOOD  
FRIENDS**

**SNO-KING PICNIC  
JULY 16**



**THINK SUN!**

**GOOD  
FUN**

**GOOD  
MUSIC**

News deadline for SEPTEMBER Bulletin is AUGUST 18, 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 Don Denton, 425-672-6746 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.