

JULY, 1999

President: Rita Requa, 206-362-5220, email: rrequa19@idtnet 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

PRESIDENT'S MESSAGE

Greetings! Let the summer of 1999 be a good one for all of you. I know many of you are planning trips, but please keep July 15th open to attend our annual summer picnic which honors the new retirees from Edmonds, Northshore, and Shoreline. The picnic will be held at Kenmore Park at 12:00 noon on July 15. Further information will be found elsewhere in this newsletter. This is a great time for our "active" members to attend and to help honor the new retirees. I hope to see you there.

I must pay accolades to Betty Odle, our "retiring" newsletter editor. Thank you, Betty, for your devotion, persistence, and good humor for the past 13 years while serving as editor. For those many years she not only served as editor, but was the key to the related activities pertaining to mailing the newsletter and provided "goodies" to those helping with the mailing. I know I speak for all, "Thank you Betty."

Here are some of the goals I have set for myself as an incoming President.

- *Be as organized and smooth as my predecessor, Don Denton, who made things look very easy.*
- *Continue advocacy for SnoKing members' issues with the legislature.*
- *Foster positive relationships with our "active" members through continuation of our Grants Program.*
- *Maintain positive relationships with other related retiree organizations.*
- *Initiate a website for SnoKing School Retirees.*

I will need your help. Sno-King is a volunteer organization and any time you can give will be appreciated. Volunteer to serve on a committee, help with the newsletter mailing party, help "clean up" after a meeting or call with program ideas, suggestions or concerns about our organization. You can reach me at 206-362-5220 or email: rrequa19@idtnet.

Look forward to seeing you on July 15th.

Rita Requa

SNO-KING PICNIC ON JULY 15 HONORS NEW RETIREES!
NOON TO 4 PM AT KENMORE RHODODENDRON PARK

Bring a friend - maybe someone you haven't seen for a long time, but would like to see. Non-members are welcome. 1999 retirees are our guests. Sno-King is hosting, but a \$5 contribution from members helps defray some of the costs. Please RSVP by July 8 to Betty Odle 206-525-8276 or to Rita Requa 206-362-5220 so we will know how much food to provide. This is a beautiful park full of rhododendrons you will want to stroll around the grounds. Our special musicians, Bob Jones on the keyboard and Gayle Bromley, vocalist will share their talents with us.

PICNIC DIRECTIONS: Take Bothell Way NE (522N) to Kenmore turn East at the light at 68th NE (Taco Time will be on your left as you turn). Take a left at the Simonds Road light (North) then turn left at Kenmore Park, 6910 NE 170th - about 1/10 of a mile. Look for balloons and Sno-King members in their bright blue-green T-shirts. (Parking is somewhat limited so carpool if possible.)

WELCOME, NEW RETIREES

We hope we will be seeing you at the picnic on July 15! You and your spouse, or "significant other", will be our guests at the picnic - call one of the numbers listed in the article above for reservations and join us for food, fellowship and fun! We know you will enjoy the beautiful park.

We are sending you a copy of our July and September newsletters so that you will have an idea of the kind of activities we have. Many of you are already members of Sno-King and we hope the rest of you will want to join us.

COMING EVENTS

THINK SUN!

- | | |
|------------------|--|
| July 15 12-4 PM | Annual picnic to honor new retirees - at Kenmore Park - details and directions in the article above. |
| August 12 9-Noon | Annual Board Planning Retreat-Clubhouse at Ruthanne Warren's Condo. |
| August 26 | Leadership Training in Wenatchee-Call Rita Requa, 206-362-5220 |

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

We are sorry to hear that Myra Sorensen's husband passed away in June. Our deepest sympathy to Myra - our thoughts and prayers are with you.

Our condolences, too, to Lorna Turcott in the loss of her brother.

We just received word that our member Margaret Overstreet passed away. Our thoughts are with her husband, Ira.

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

MEMBERSHIP EXPANSION COMMITTEE - Don Denton, Chair, 425-787-7881

George Eisentrout, our new WSRTA president, reminds us that increasing membership is the responsibility of each of us. Although our state membership is about 16,000, there exists an equal number of school retirees who receive the benefits we have gained through our legislative advocacy, but who do not support our activities by paying our modest dues.

Ruthanne Warren and Ellie Bonanno are excellent examples of how each member can be a recruiter. As they meet school at social functions or even the grocery store, they always ask if that person is one of our members. If not, they either give them a membership application or ask me to send them one. You can do this, too!

Let's get everyone on board and share the responsibility. The people you recruit might just be grateful for the opportunity to receive our newsletter and directory. And don't forget the picnic. That is for everyone, not just new retirees.

NEWS OF OUR MEMBERS

We are happy to report that Jaqueline and Loren Lusier celebrated their 50th Wedding Anniversary. Congratulations!

Rachel Lake and her husband Ken are off on a six week trip to Norway, British Isles and Scotland.

Gayle Bromley, Betty Johnson and the Lake Forest Presbyterian Church Choir leave July 18 on a 15 day tour of Europe. They land in Paris, Salzburg, Innsbruck, Geneva and Munich and sing everywhere. They will stay in hotels and one home stay. They will ride planes, trains and buses and pack and unpack a lot. Gayle says, "Oh, boy! I can't wait. I've never been any of these places. Look out Europe, here I come!"

(Let us know if you are traveling or if you have been doing something that would be fun to hear about or fun to do.)

INTRODUCING OUR NEW EDITORS, JO AND BRUCE CALDWELL

Jo Caldwell retired in 1997 after teaching English for 12 years at Meadowdale High School in Edmonds. She was also their year book advisor. Prior to that she taught in elementary schools in Northshore, Auburn, Snohomish and Los Angeles. She is a graduate of the UW and has her master's degree from SPU. She is presently the editor of the Washington Music Educators Association magazine.

Bruce Caldwell retired in 1995. He taught music and math at Woodway from its opening until he retired. He was president of the Washington Music Education Association from 1992 to 1994 and now is their Executive Manager. From 1965 to 1980 he was the assistant director of the UW Marching Band.

Jo and Bruce have three children and 4 granddaughters. Their daughter, Lesley Moffitt teaches band and orchestra at Lynnwood High.

We are very fortunate to have this talented couple be our new editors!

SNO-KING SCHOOL RETIREES T-SHIRTS

Our new T-shirts with our new name will be available at the picnic. All the delegates wore them at the state convention and were the envy of the other delegates. The cost is only \$10.00 for 100% cotton! Ruthanne Warren is looking forward to having everyone get a T-shirt so she will have room in her bedroom for her own belongings. Help her out and be one of the crowd with a Sno-King shirt. Marlene and Dave Johnson have theirs on in the picture on page 6.

TRAVEL IDEAS AND TIPS

Terri Malinowski

Looking ahead to autumn travel plans, a rout that includes fall colors is often a priority. Naturally, New England comes to mind for most people. But there are alternatives that are less costly and time-intensive.

Have you considered the state of Utah? The state has a number of canyons, hills, mountains and forests where golden poplars and red maples are glorious. The airfare from Seattle to Salt Lake City is often discounted because there are competing airlines. The airport is easy to navigate, and car rentals make travel simple. Motel costs are reasonable, not only outside the metropolitan area, but even in Salt Lake City.

A good start is to explore the seven canyons of the Wasatch Mountains, just east of Salt Lake City. The canyons have been left as pristine as possible, but the ski resorts are encroaching, and developers are eyeing the picturesque hills that overlook Salt Lake City. In the fall, spectacular colors cover the hills and line the roads into the canyons. For hikers, there are networks of trails, and there are trams to carry travelers to the canyon summits.

The best part of Utah, however, is the abundance of national parks, where the \$10 lifetime pass for seniors from the National Park Service really pays off. The individual beauty and charm of each park can leave you marveling at what nature has wrought. Plus, in the fall, the leaf color provides an extra beauty bonus. One way to traverse a number of them is to drive south from Salt Lake City. An ultimate destination could be the city of St. George near the Arizona border, where Brigham Young's summer home is an historic note of interest. Across the border is the north rim of the Grand Canyon, but there are enough points of interest in Utah to keep you on the north side of the border. St. George is a good leaping-off point to begin a leisurely northeasterly trek into nearby national parts.

Our favorite is Bryce Canyon National Park, but in close order are Zion, Capitol Reef, Canyonlands, and Arches. The local highways that connect them are full of history and landmarks of interest, as well. Consider the Western Mining and Railroad Museum in the tiny town of Helper, where trains once labored over Soldier Summit through the mountains. Or view bones of the mammoths at CEU Prehistoric Museum in Price and Dinosaur Quarry south of Price. Continue southeast from Helper and you connect with Arches, Canyonlands of Capitol Reef national parks in short order. Or check out Hovenweep National Monument on the eastern border near Colorado, where clusters of ancient pueblo dwellings include multi-storied towers and houses. The city of Moab is a good place to stay and/or visit.

One scenic route you shouldn't miss is Highway 12 between Capitol Reef and Bryce Canyon parks. Historic Mormon landmarks are tucked into small canyons and along sunny roads. And the terrain is rife with such interesting names as Valley of the Gods, Dead Horse Point, Goosenecks and Goblin Valley.

On the return trip to Salt Lake City, leave a couple days to explore Temple Square if you've never done so. Participate in a Temple Square tour, offered free in numerous languages by smiling young women. Go to a Mormon Tabernacle Choir concert on Sunday. View the Mormon Temple's soaring spire where the Angel Moroni blasts his trumpet toward the east, where Brigham Young and his band filed out of the Wasatch Mountains 150 years ago to their new home. And genealogists shouldn't miss a visit to the Family History Center where a roomful of computers link you to your past in short order, aided by helpful docents who roam the room to assist you.

Keep in mind that Salt Lake City and the nearby ski areas are hosting the 2002 Winter Olympics, so preparations are under way now. But the fall colors will be there, and the roads are free!

*For contributions or questions, call Terri Malinowski, 425-483-8344 or email her at terrim@accessone.com

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.

Summer dates are: July 14-15. Fall classes are September 8 & 9, October 6 & 7, November 3 & 4 and December 8 & 9. 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.

Thanks to those who turned out to "clean the Edmonds' beach - Dave & Marlene Johnson, Georgie Young, Barbara Berg, Nancy smuck, Roberta McKee, Betty Odle and Bob Jones. See picture on page 6.

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

HIS & HER GENDER DIFFERENCES ON PRESCRIPTION DRUGS - Researchers have uncovered a startling and disturbing fact: many prescription drugs seem to work very differently in women than in men. (Some of us have suspected this for a long time.)

The National Institute of Health convened a two-day meeting on the problem last month, and the FDA is now requiring companies to conduct gender studies on all applications for new drugs. Concerns are raised over such examples as a popular allergy drug, seldane, that was found to cause life threatening arrhythmias resulting in heart problems striking women twice as often as men. Another promising treatment for hemorrhage that afflicts more women than men brought some surprise results: "The drug was spectacularly successful in reducing mortality in men, but not in women", said Dr. Art Atkinson, of Pharmacia Upjohn.

Further studies are needed to help physicians prescribe the proper treatment, protecting women from dangerous side effects. For example, young women metabolize a drug 40 percent faster than men, and the drug passes through their bodies too quickly to have an impact.

UPDATE ON SOCIAL SECURITY PENSIONS, SAVINGS, MEDICARE, etc. - AARP's Kevin Donnellan, Director of Advocacy & Management reports that the AARP survey of 35 million members shows that US citizens of all ages want to keep Social Security's lifetime guarantee, that budget surplus should be additional to, not a replacement for the guarantee benefits of Social Security. ALSO, AARP's position is that the retirement age should not be raised beyond the already scheduled increase from age 65 to 67, and that early retirement age should remain at 62.

On Medicare changes - since prescription drugs are not covered, beneficiaries must either pay out-of-pocket to obtain supplemental insurance that may cover part of drug costs. AARP believes that modernizing Medicare's benefit package to keep up with advances in medicine is a must. Prescription drugs help keep people healthy, independent, and out of hospitals. Medicare should be like most other health insurance plans and include prescription drugs as a part of the benefit package offered by all participating plans. Info from AARP LEGISLATIVE UPDATE, June, '99.

SUN FUN - After the bleak weather of past weeks, it's great to feel the sun again. If you haven't read BEFORE YOU GET A TAN - KNOW THE RISKS OF SUN EXPOSURE, by Valerie Gladstone, Readers' Digest, June '99, p 25-33.. here are some of her tips: more cancers occur on the skin than anywhere else, and 90 percent are caused by sun exposure. The three types of skin cancer, basal cell, squamous and melanoma are all on the rise. All can be cured if treated early by a dermatologist. To protect yourself, use sunscreen SPF 15 or higher (25 is better); reapply every two hours, cover up - wear long sleeve shirts, pants, broadbrim hat, seek the shade, limit time in the sun. Avoid hours between 10 and 4 when sun rays are strongest. Protect children as above but keep babies under six months out of the sun! For more info please read the article. One thing not covered is the bald spots on mens' heads that are extremely vulnerable to cancer types, including ears, neck, face, etc. My dermatologist checks me at least once a year after having several problems with the foregoing.

NEW MAYO CLINIC STUDY IDENTIFIES "PRE-ALZHEIMERS" CONDITION - researcher identified 400 older people who have "mild cognitive impairment", as measured by a standardized memory test, but do not show disorientation and confusion associated with Alzheimers", and is the basis for further study of early symptoms of Alzheimers.

The ten year study to improve Alzheimers' disease treatment will test the use of vitamin E and donepezil (Aricept) - an Alzheimers' drug. The National Institute on Aging (NIA) group will involve 65 institutes, including the MAYO CLINIC. If you know of anyone between age 55-90 with memory problems, he or she could be a candidate. Call 888-455-0655 for more details. This info is from MAYO CLINIC HEALTH LETTER, June '99, p. 4.

**ODE TO BETTY ODLE* written by Gordon Bowers and read at the June meeting
HATS OFF AND SALUTE TO OUR EDITOR WHO'S RETIRING!
SHE GAVE US MANY YEARS OF LEADERSHIP, NEVER TIRING
EVEN WITH A HEALTH CRISIS - CAREGIVER FOR HUBBY BOB
SHE KEPT UP ALL ACTIVITIES OF THIS VOLUNTEER JOB.
IF I COULD GIVE A GIFT TO TEACHERS' ASSOCIATIONS IN THIS LAND
IT WOULD BE A BETTY ODLE TO LEAD THEM AROUND BY THE HAND.
STAY WITH US BETTY - YOU'RE THE GLUE THAT KEPT THIS ORGANIZATION TOGETHER
ALWAYS ADDING MEMBERS, AND EVERYTHING THAT MADE SNO-KING RTA BETTER
AND BETTER
THANKS FOR ALL YEARS OF SERVICE THAT STRETCH NEAR AND FAR -
YOU'LL ALWAYS BE A SPARKPLUG, NO MATTER WHERE YOU ARE!**

***OWED TO BETTY - if she had been paid for her valuable services these many years, our RTA would be in bankruptcy!!!**

(Note from the outgoing editor: I have really appreciated all the help and cooperation that the members have given me during all these years and I know that you all will continue that service to the new editors. Thanks for everything! Betty O.)

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**. I will give you printed LTC proposals from 4 major companies. Shop & compare! **Don Denton (425) 787-7881 or Toll Free 1-877-462-0409.**

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

1999-2000 DUES ARE DUE JULY 1, 1999 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 Donna Murrish 363-5753. If you are on cash payment please use Form (A) (right); 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!

NOTICE THAT PERS RETIREES MAY NOW GO ON AUTOMATIC DUES DEDUCTION!

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

(A) CASH WASHINGTON STATE RETIRED TEACHERS ASSOC.

Local Unit No. 23, Sno-King School Retirees

Name _____

Phone _____

Address(Summer) _____

Address(Winter-if different) _____

Soc. Security No. _____

Legislative District _____

Signature: _____

MEMBERSHIP DUES: \$48 Per Year
(Includes \$36 State and \$12 Local)
Associate Dues (Spouse) \$2.

Total amount Enclosed: \$ _____
(Make check out to Sno-King School Retirees and send payment to:
Sno-King School Retirees

(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 (\$1.00) TOTAL (4.00) 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 (\$1.00) TOTAL (4.00) per month

Signature _____

Date _____

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

WSRTA CONVENTION REPORT - Rita Requa

Twenty-three Sno-King members traveled to Pasco on Monday, June 7, for the 52nd Annual Convention and Delegate Assembly. At the Local Unit Appreciation Dinner, Sno-King School Retirees received awards in all categories - Unit of Highest Distinction (for fulfilling 25 goals set by the State Association), New all-Time High Membership, Consecutive All Time High for the 13th year, tops in Increased Automatic Dues with 56 added, and first in Increased Retiree Membership with 34 new retirees. These awards really reflect the outstanding work of our Membership Chair, Don Denton.

The name of our state association will finally reflect our membership, Washington State School Retirees' Association. It was the work of the work of the Seattle and Sno-King delegations that aided in the successful passage of this new business item. It was defeated by 3 votes on Tuesday and finally passed by 1 vote on Wednesday morning after a vote to reconsider. The new name becomes effective July 1, 2000.

The Assembly participated in the installation of George Eisentrout as President, elected Jane Carter of Highline as President-Elect and David Thurman of Bellingham as NW-a District representative to the Board of Directors. We wish them well. David has been invited to our picnic and George will be invited to speak about Lewis and Clark at one of our meetings this year.



Pictured above some of the delegates, back row - Donna Murrish, Phyllis Enger, Barbara Berg, Rita Requa, Marilyn Alaniz, Georgie Young, Wanda & Wes Grande, Don Denton, seated - Bob Jones, Betty Odle, Rachel Lake and Alice Bingaman. Dave and Marlene Johnson are pictured at the right. Attending but not pictured are Gayle Bromley, Lois Grasmick, Roberta McKee, Lynn Nothdurft, Jack Rogers, Mary Ann Simons, Bob VanNess and Ruthanne Warren.



EDMONDS BEACH PATROL

Pictured left to right are Sno-King's clean-up crew: Leader Bob Jones, Marlene Johnson, Dave Johnson, Nancy Smuck, Roberta McKee, Barbara Berg, Georgianna Young and Betty Odle. It was a slow day at the beach so we didn't fill too many bags - but it was a beautiful sunny day for beach walking.



Don Denton and Donna Murrish, above, and Betty Odle, below, celebrate the passage of the new name for the state association: Washington State School Retirees' Association.

News deadline for SEPTEMBER Bulletin is AUGUST 17, 1999. Send to Jo & Bruce Caldwell, P O Box 1117, Edmonds 98020 or email: wmeaeditor@aol.com or wmeaoffice@aol.com, Phone: 425-778-9390. 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 Rita Requa, 206-362-5220 or Editors Jo & Bruce Caldwell. 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 Ellie Bonanno-425-778-0751 or Ruthanne Warren-206-367-0742 to volunteer.