

Sno-King School Retirees



July 2003

The SKSR Bulletin

A message from our president

Summertime, and the livin' is easy

by Rachel Lake, 206-362-5611, rk_lake@msn.com



Welcome, new retirees! You have arrived at the enviable time in your life to finally have some time for yourselves—to relax and enjoy the things you want to do. You will find, however, your days get filled, and you wonder how you ever had time to work and do all those other things as well. You deserve a rest, so for now, enjoy! But, there comes a time when you will want to focus on

your future and what you eventually want to do.

Experience retirees have learned this, too. Many of us have continued to work, contribute, give to others and involve ourselves in various activities, such as joining and becoming active in the Sno-King School Retirees organization. We have found that the continuation of seeing and working with our previous colleagues has given us an opportunity to 'keep in touch'. It's much like a high school graduate moving on and discovering the need to retain those old acquaintances. We don't want to lose one of the important elements of the school environment—that of associating with our friends and colleagues. Our involvement is very important as we grow older; it keeps us from getting that way!

Sno-King Retirees is composed of our three school districts—Edmonds, Northshore and Shoreline. Our monthly meetings are usually held in the Edmonds School District board room on the third Thursday of the month. Our Executive Board meets one week before this, and we urge you to volunteer for some activity. Our monthly meetings have interesting programs, and next year's are planned with you in mind. Our members are active in various committees that match and contribute to the state organization. (See article, "What

Rachel Lake, President
Alice Bingaman, Past President
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Rita Requa, Secretary
Dave Johnson, Treasurer
Terri Malinowski, Communications
Bob/Pat Jones, Community Service
Donna Murrish, Directory
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Barbara Berg, Scrapbook
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Rita Requa, Education/Grants
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Linda Fitzgerald/Keith Lindaas, Scholarships
Mary Ellen Gardiner, Scholarship Correspondent
Gayle Bromley, Membership Services
Winnie Smith/Pat Jones, Sunshine
Jo/Bruce Caldwell, Bulletin Editors

see **PRESIDENT** on page 9

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Retirement planning seminars

If YOU or anyone you know is planning to retire this year or in the next few years, we'd like to have you check your calendars and plan to attend the 2004 Retirement Planning Seminars this spring.



SKSR in conjunction with our three school districts has guests in to help you understand the process so that you can make the choices that will best suit your personal needs. Remember, many of the choices you make will impact your pension for the rest of your life and will not be able to be changed.


So plan to attend. Watch this fall's *Bulletins* for more information, or call your school district personnel office if you have more questions.


Here are the 2004 dates:

- March 4
- March 11
- March 25
- March 25
- April 1

The seminar will again be held at the Edmonds School District Educational Services Center. These are very good seminars and well worth your time.

*You are cordially invited
to the annual
SKSR picnic
Thursday, July 17
Edmonds City Park
12:00 Noon*



More information 



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SKSR Board Meetings
1:00 PM, Edmonds SD ESC
20420 68th Ave W, Lynnwood
Everyone welcome!

Find the 2003-2004 dates
in the September *Bulletin*



**MARK YOUR
DATEBOOK**

Coming Events for Sno-King School Retirees

July 17 Picnic
Edmonds City Park

Welcome New Retirees

Save the date—July 17

Join us for the annual picnic

by Rachel Lake, SKSR president

You haven't seen them for a long time. Remember, you taught and worked with those school personnel years ago. How good it is to see them every year and catch up on the news.

That's what our annual picnic does for our members. It allows us time to relax, visit and eat good food, especially those meatballs prepared by Betty Odle. Bob Jones promised to play our favorite songs too. When is it?



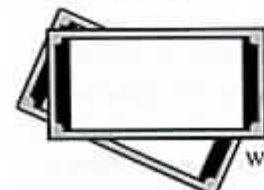
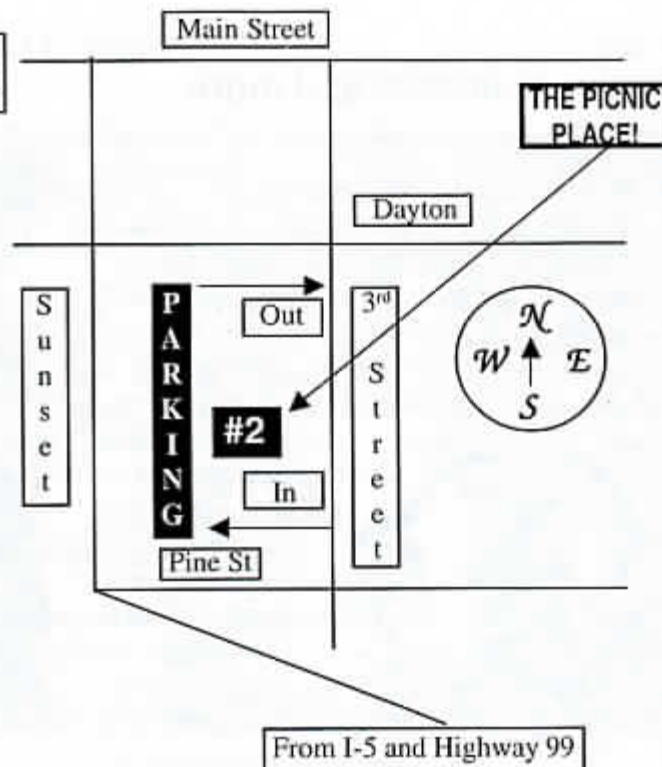
Thursday, July 17, 12:00 noon. For just \$5 you can join us and enjoy the day at the **Edmonds City Park, 3rd & Pine Street, Shelter #2.**

WSSRA president-elect **Bill Marvin** will join us for this special event. Oh, by the way, we will have a raffle too. In fact, there will be two raffles. One will be for

two Husky football tickets. (donated by Jack Rogers), and another for two Mariner game tickets. Proceeds will go to help with our Scholarship Fund.

Please RSVP by **July 10** to Betty Odle, (206-525-8276, bettyholmodle@msn.com) so we will know how much food to prepare.

Come join us this year! New and old retirees are most welcome. We'll look forward to seeing you.



Many Hats Handyman Service

Need a hand with those summer projects?

Call **Jeff LaFleur**,
licensed contractor, for all your
home repair, painting, and remodeling needs.

Edmonds District employee references.

206-718-0834.

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AARP Driver Safety Program (55+ Alive)

AARP's *55 Alive Mature Driving Class* is a refresher course teaching preventive measures that save lives when driving. Pay \$10 materials fee to AARP instructor at class time. Participants register through Edmonds Parks and Recreation, 425-771-0230. Graduates may have a possible discount on auto insurance. Classes meet 9 AM to 1 PM at the Anderson Center, 700 Main Street, Edmonds. For alternate dates and locations, contact Bob Jones at 425-787-2727 or bobjones@premier1.net. Note that the class is a "two-consecutive-days class," which can be selected during the month of your choice.

Fall 2003 dates

September 10-11	November 5-6
October 8-9	December 3-4

Health tips for you

Senior moments and more

by Gordon Bowers, health chair, 425-778-9202

Best information on Alzheimer's

Here are the latest and best guides to keep a sharp mind. More than 2,000,000 Americans have Alzheimer's, and 3000,000 are added each year. It comes as a tremendous shock to family, friends and caregivers. Most of us hope to remain mentally alert and sharp as we age, but there are changes in the brain that are normal, such as occasional forgetfulness, lapses of memory and senior moments.



It's common to expect some slower mental processing, taking longer to learn new things, having trouble recalling names and faces and handling multiple tasks. Such minor problems do not indicate dementia, which is a brain disorder that affects your ability to carry on daily activities.

Alzheimer's is the most common type of dementia.

Various research studies on keeping sharp minds have indicated that frequent cognitive activity, such as reading, crossword puzzles and games of other types of mental stimulation, appear to lower the risk of Alzheimer's.

Tufts University research has centered on the effect of B6 and B12 supplements on mental acuity. Lower levels of the vitamin B group cause high levels of homocysteine in the blood that can contribute to clogged arteries and thus to poor circulation of blood to the brain. Tufts' staffs are also studying how genetics and life-style interplay, such that people with the same genes in other countries have a lower frequency of Alzheimer's.

In some other cultures people with a "traditional" simpler life style, healthy diet, daily exercise and less stress are being compared to our "western" life-style

and culture. Scientists are looking for what may cause genes to trigger dementia and Alzheimer's, while in "primitive" societies the Alzheimer's gene remains dormant.

Though today there is no cure for either dementia or Alzheimer's, the Mayo Clinic offers some suggestions for successful aging: Spend time with family and friends; join organizations and book clubs; volunteer or start a new career; tinker with computers on the internet; learn a foreign language. It's all a part of *Use It or Lose It*.

Source: "Keeping Your Mind Strong as You Age," *Tufts University Health and Nutrition Letter*, May 2003, p. 1-4; *Mayo Clinic Flyer*, May 2003, pp 1-6.

Latest on the #1 eye problem

Macular degeneration is the main cause of vision loss in older people. Women have the problem more than men, whites more than African Americans or Mexican Americans. The disease runs in families, and

six genes have been identified with it, but no one gene seems to be the culprit. Blue-eyed people are more at risk, and it appears that light-color eyes don't give the same protection darker ones do in shielding retinal tissues from light damage.

The only sure tip for protection/prevention is to not smoke. The results of many studies show that diets and vitamins have not been successful, but Harvard researchers reported that Lutein and Zeaxanthin gave some protection against macular degeneration. These two are carotenoids found in leafy vegetables. Pill makers quickly added vitamin supplements of the two drugs mentioned above, but results of this ten-year trial have not been conclusive.

see HEALTH on page 9

MAK ABULHOSN, DPM
Physician & Surgeon of the Foot & Ankle



Midway Foot & Ankle Clinic
26234 Pacific Hwy. S.
Kent, WA 98032
(253) 941-0887
Fax: (253) 941-4642

Edmonds Foot & Ankle Clinic
21009 76th Ave. W., Ste. A
Edmonds, WA 98026
(425) 771-5662
Fax: (425) 771-1417

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Call John Casebeer at 425-672-7087

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Traveling with Terri

Crusing down the (Rhine) river

by Terri Malinowski, travel chair, 425-483-8344—terrim1@earthlink.net

In exploring Europe over the past 25 years, our family has ridden the trains, hiked the hills, driven a car, flown over the Alps and trundled along by bus. Our daughter has just found another way to do it: a cruise through central Europe on the Rhine River.

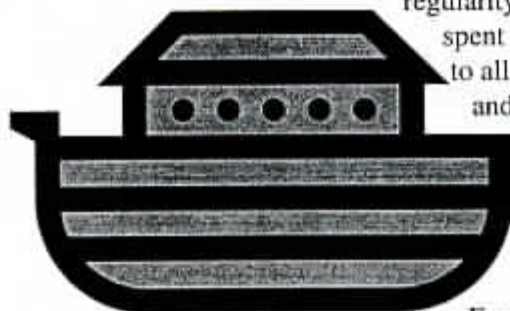
She took her mother-in-law who has longed to see Europe but didn't want to do it on her own or even on a freelance basis the first time. So the pair joined a Uniworld tour by flying Lufthansa Airlines non-stop from Portland, Oregon, to Frankfurt, Germany. A regional airline took them on to Basel, Switzerland, to meet their boat, the River Princess, chartered from Holland River Lines by Uniworld.

For 12 days, the two women floated down the Rhine with 116 other Americans and Canadians, traveling by night and tying up each morning to explore a new location. They ended up in Amsterdam, a trip that cost them a total of \$3,300 including the airfare from and to Portland. Both considered it good value for the money and an easy way for mother-in-law Barbara to begin learning about Europe.

In addition to a pre-cruise trip to nearby Lucerne, Switzerland, their overnights began with Strasbourg, France, and Speyer, Germany, a charming little river town whose cathedral is a UNESCO world heritage site. The group also took a bus trip to Heidelberg to see the ancient castle and university, meeting up with their boat farther down the river.

Next was Rudesheim, where a gondola ride carried them up from the riverside high above the terraced vineyards. Passing through the Rhine Gorge afforded views of castles that line the hillsides with breathtaking regularity. A day was spent in Cologne to allow shopping and to see the second-largest Gothic cathedral in all of Europe.

Drifting into The Netherlands, the boat docked near Arnhem where the travelers enjoyed the Kroller-Muller Museum, "chock-full of dozens of Van Goghs," our daughter insists. "And the outdoor sculpture garden was wonderful."



Tying up in Antwerp, Belgium, the following day, the group also took in Brussels and Bruges on succeeding days. The lace-making center was a delight for mother-in-law Barbara, who had been a home economics major in college and retired recently as a design consultant.

Docking later in Dordrecht, near Amsterdam, gave the group a chance for a walking tour of the charming town, formerly an ancient port for the North Sea trade. A bus took them to nearby Kinderdike to view 19 working windmills. The cruise ended in Amsterdam itself, where the group got a full tour through the city and canals plus the Anne Frank Museum.

"There's something to be said for an English-speaking group," our daughter admits, even though she speaks French and much prefers the European ambience. She also cited Uniworld's emphasis on the culture and heritage of each stop rather than steering passengers to the nearest tourist shop. Other pluses she listed for the cruise: "We unpacked only once, we had excellent meals on board and free use of washers and dryers, and the boat interior was smoke-free, unlike similar boats we passed where smoking was visible in all areas."

She noted that Uniworld also offers river cruises along the Seine, Rhone, Danube, Moselle and Po, as well as several in Spain, Russia and Portugal. Check them out at www.uniworld.com. Other such Europe-based cruise lines include Riverbarge Excursion Line, 888-275-6793, www.riverbarge.com; KD River Cruises of Europe, 800-346-6525, www.rivercruises.com; EuroCruises, 800-661-1119, www.eurocruises.com; and INTRAV, 800-456-8100, www.intrav.com.

For contributions or questions, call Terri Malinowski, 425-483-8344 or email her at terrim1@earthlink.net

PAINTING PAIN?—I can help you

Since retirement almost four years ago and for 25 years before that, we have had the privilege of helping members with their painting needs. References are available from many of them. I would also be happy to help you with your needs. Help is also available to fix some of those small household repairs that need to be done. We serve the east side and north end of Lake Washington. For information call

G.F. Moore Painting (Warren)
425-466-2729 or 425-485-4570

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WSSRA and SKSR—here for you

What are the goals of WSSRA?

by Rachel Lake, SKSR president

WSSRA is organized to promote the welfare of school employees as outlined in the state goals outlined below.

Legislative

- Provide an adequate pension and a reasonable retirement age.
- Improve the general welfare of current and future school retirees.
- Improve health insurance benefits and secure lower premiums for retirees.

Health Services

- Peruse and prioritize health care information and recommend appropriate action.
- Encourage WSSRA members to actively lobby Congress to include all state/school district retirees in HR 1231-IRS Code 125.

Retirement Planning

- Revise/add updated information to the Retirement Planning Guide.
- Provide retirement planning information—packets of material are available at leadership conference.
- Assist with unit workshops.

Community Service

- Increase and improve communication between school retirees and school personnel by granting two or more mini-grants per year.
- Support and implement at least one volunteer activity in the local community.
- Implement one activity that recognizes individual achievement in community service.

Membership

- Promote an increase in automatic dues deduction (ADD).
- Have in place a Membership Committee at each local unit level with a recruitment plan.
- Increase membership of active school personnel.

Communication

- Find ways to publicize the name WSSRA
- Assist the state office in publicizing and implementing School Retirees' Week
- Maintain a working/advisory relationship with Coordinating Council Unit chairs and Council leadership.

Besides all of these, Sno-King awards scholarships (four \$1,000 scholarships this year!).

Thank you, board members

What makes an organization work? People who are dedicated and willing to give of themselves for a cause, that's what.

We are grateful to these people who have given time and energy to meet our needs.

Thank you, board members!

<i>Betty Odle</i>	Our grand historian, picnic coordinator, advisor
<i>Alice Bingaman</i>	President 2002-2003
<i>Dave Johnson</i>	Treasurer
<i>Rita Requa</i>	Secretary
<i>Bruce/Jo Caldwell</i>	Bulletin publication
<i>Donna Murrish</i>	Directory and mailing coordinator
<i>Winnie Smith</i>	Sunshine
<i>Ruth Warren/Ellie Bonanno</i>	Phoning
<i>Gordon Bowers</i>	Health services information
<i>Terri Malinowski</i>	Communications
<i>Jack Rogers</i>	Legislative information
<i>Barbara Berg</i>	Scapbook and activity coordinator
<i>Don Denton/Virg Rayton</i>	Membership
<i>Bob Jones/Phyllis Enger</i>	Retirement planning
<i>Keith Lindaas/Linda Fitzgerald</i>	Scholarship
<i>Bob Jones/Pat Jones</i>	Community service
<i>Marilyn Alaniz/Marlene Johnson</i>	Hospitality

As President-elect I have really appreciated the work you have done this year.

Thank you, again!

Rachel Lake



WSSRA Yakima Convention, June 9-11, 2003

Fifteen Sno-King delegates attended the 56th Annual Convention and Delegate Assembly for the Washington State School Retirees' Association. The major business of the organization was consideration of the proposed budget for 2003-2004, review of the goals for the various committees, five proposed amendments to the Bylaws which included dues issues and election of next year's President-elect.

Monday night's hearing focused mainly on the budget and the need for a dues increase. The proposed budget reflects a careful reduction of expenses, but the need for a dues increase was evident as costs continue to rise. One consideration was the combining of committees, but this proposal was voted down by the assembly on Tuesday. Another issue was directed at our lobbyists' activities and their representations. On Wednesday, the group passed the dues increase, which ultimately amounts to \$1 per month. This would make our annual dues \$60.

Other highlights of the meeting included Barbara Berg winning a basket of goodies, introduction of our new executive director, Kathy Wynstra; introduction of our new



The Sno-King delegation gathers one last time just before the final session at the 2004 Yakima Convention begins. Our representatives were among the 298 registered delegates who deliberated and acted on proposals.

president for 2003-2004, Joyce Williams; and honoring President Bob Slingland. Two of NW #1 representatives, Harriet Smith and David Thurman, were awarded the first *Pat Hoban Memorial* awards.

A fascinating Power-Point presentation of the scholarship awardees was shown, and our own Northshore School District (Bothell HS) student, Haley Rose Franzwa, was given the prestigious Robert J. Handy Memorial Scholarship. This

amounts to \$3000 over five years. Most of the scholarship awardees had grade point averages of 3.5 or better, several had 3.9+ and 4.0.

Thanks to Bruce and Jo Caldwell, Barbara Berg, Georgianna Young, Bob Jones, Lynn Nothdurft, Roberta McKee, Lois Grasmick, Rita Requa, Donna Murrish, Betty Odle, Bob Van Ness, Carol and Ron Robinson, and Rachel Lake for representing us in Yakima.

A great lunch meeting held with the Sno-Isle unit

On May 15 SKSR had its annual luncheon with the Sno-Isle unit at the Nile Country Club. (Remember—we used to all be one unit before it just became too big).

Those in attendance were delightfully entertained by SKSR past president Bob Jones and his Edmonds Sound Singers. Next year Sno-Isle will be host for this event.



Bob Jones (R) relaxes in conversation with Earl and Betty Garrison after the performance of the Edmonds Sound Singers. Several school retirees are in the group.



WSSR-Pac president Royal Pennewell, NW-1 WSSR Board member Barbara Landrock and NW-1 chair Harriet Smith attend the annual joint luncheon.

Our membership chair speaks
**Actives, we need
 YOUR help!**

by Don Denton, 425-787-7881-
dondenton@jps.net

If you are still teaching, you are an "active" member. You can help protect your future with member recruitment.

Please ask retiring colleagues if they are members of Sno-King School Retirees and, if not, ask them to join. Then call or email me, and I will send them a membership form. Even if someone won't give you a firm commitment, please send me their name and address so I can contact them later.

Many people confuse us with WEA's retired unit, but we are a totally different entity. We have members from all school-related jobs, our dues are much less and our legislative insight on retirees' issues is so comprehensive that WEA comes to us for guidance.

Why belong to Sno-King and the Washington State School Retirees Association? Because we are the only organization whose sole mission is to enhance the benefits for school retirees, no matter what their former job title. Our lobbyists and volunteers work very hard to promote legislative improvements. Please make it your responsibility to help with recruiting of new members.

For information on our local Sno-King unit and our statewide organization, WSSRA, check out our web sites at www.sksr.org and www.wssra.org. Membership forms may be printed from the Sno-King site (or you can use the one on the right) and mailed to P.O. Box 33962, Seattle, 98133-0962.

SKSR BULLETIN BOARD



SNO-KING RETIREES BOARD TO MEET/PLAN

In July, the Board will meet to discuss this organization's plan for this coming year. We will evaluate the past year, make suggestions for the *Bulletin*, review the Bylaws and plan programs for this coming year.

Last year a survey was taken to get members' suggestions regarding this past years' programs and activities. A few of those were included, such as the antique program held early in the year.



We need your input now as well. What would entice you to attend more meetings? Have you any ideas that you would like to see us incorporate for our programs? What do you think we should do regarding earning money for our scholarship program? What can we do to get new members to join our organization? Is the state organization meeting your needs?

Do you have other ideas? Share them with us.

Send your good ideas to Rachel Lake, 5003 NE 194th Place, Lake Forest Park, WA 98155 or e-mail ideas to rk_lake@msn.com.

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Membership form for school retirees

**DUES DEDUCTION AUTHORIZATION FORM
 WASHINGTON STATE SCHOOL RETIREES ASSOCIATION**

4726 Pacific Ave SE, Lacey WA 98503-1216

Please Print or Type

Name _____ Local Unit Number—**23**
(LAST) (FIRST) (INITIAL)

Address _____
(STREET) (CITY) (STATE) (ZIP)

Retirement Plan: (CIRCLE) TRS-1 TRS-2 TRS-3 PERS-1 PERS-2 SERS-2 SERS-3 Phone _____

Month/Year of Retirement _____ S.S. Number _____

Name of Local Unit Sno-King Leg Dist. _____ Cong Dist. _____

I authorize the Washington State Department of Retirement Systems 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 School Retirees Association.

Should I wish to cancel ensuing deductions I will send a **written notification of cancellation** to Washington State Department of Retirement Systems and WSSRA.

DUES: State \$4.00 Local \$1.00 Total \$5.00 per month

Date _____ Signature _____

HEALTH from page 4

My wife still takes Lutein prescribed by her eye doctor. Herbs, other vitamins and minerals seem to do no good. According to Harvard, the one bright spot is that "no one goes totally blind from macular degeneration."

New \$\$\$ signs in the medical world

Doctors at a Seattle clinic shocked some patients in May 2003 by sending them a letter saying that if they wished to continue their doctor/clinic services, they would need to pay an additional \$25 per person per month. This appears to be a trend across the USA to keep doctors' income at the level they want.

Source: *The Seattle Times*, Carol Ostrom, May 2, 2003, P. A1.

What causes women to have more heart attacks than men?

One out of three women will have a heart disease problem, most after age 60 for a number of complex reasons. Part of the reason may be that doctors do not treat women as aggressively as men with heart trouble. Also, hormones do not help, and bypass surgery and angioplasty are great for men but do not work well for women.

Risk factors are the same for men, but women are more likely to be overweight and physically inactive. Plaque-blocking arteries may not be as much a danger

for men, but the smaller blood vessels in women seem to be more prone to spasm and snapping shut during stress, shutting off the blood supply to parts of the body.

Another problem is that heart attack symptoms are often overlooked in women, both by the women and their doctors. What you can do to reduce odds of having heart disease: stop smoking, lose weight and control your blood pressure (treat it with proper diet, exercise and medication). Don't count on hormones—reduce stress, and get enough sleep. The majority of heart attacks in women could be prevented.

Source (please read!): "Women and Heart Disease," *Time*, April 29, 2003, pp. 60-66.

Mental massage

Questions asked by attorneys in court: "Were you alone or by yourself?" "Were you present when your picture was taken?" "Now doctor, isn't it true that when a person dies in his sleep, he doesn't know about it until the next morning?"

Tidbit

Beware of scams selling "protection kits" for SARS.

**Worth reading**

"A Better Fix on Supplements," *AARP Bulletin*, May 2003, P. 16.

PRESIDENT from page 1

Are The Goals of WSSRA"), and there is a place for you. Let us know if you would like to participate. WE NEED YOU!

The next event is our annual picnic. The cost is \$5. It will be held at Edmonds City Park, Shelter 2 on Thursday, July 17th. The food is always good, the day will be warm, Bob Jones will entertain us, and all your friends will be there.

JOIN US...WE'LL LOOK FORWARD TO SEEING YOU!

**A glance at the Legislature**

by Jack Rogers, legislative chair

Budget conferees presented the final proposed 2003-05 Operating Budget the week of June 2. Unfortunately, they opted to go with the Senate's originally proposed subsidy level of approximately 10% for the Public Employees Benefits Board (PEBB) Medicare eligible subsidy. The subsidy levels decided upon include: \$102.35 for 2004 and \$116.19 for 2005.

On Wednesday, June 4, the Senate quickly took action to pass the Conference Committee budget on a vote of 28 yea, 19 nay, 2 excused. The House took action the afternoon of Thursday, June 5, to pass the budget on a vote of 67 yea, 30 nay, and 1 excused. Thanks to all WSSRA members for their hard work this session.

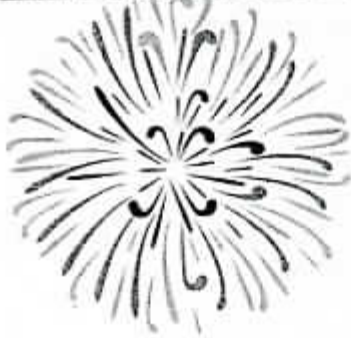




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HELP US WITH INFORMATION TO PUT IN THE BULLETIN

The deadline for the next newsletter is 8:00 AM, **Sunday, August 10.**

Send news and other materials to

Jo or Bruce Caldwell, PO Box 1117, Edmonds WA 98020, sksr@wmea.org, fax 425-776-1795, phone 425-778-9390.
 Please send TRAVEL news to Terri Malinowski, 15341 158th Ave NE, Woodinville WA 98072, terrim1@earthlink.net, 425-483-8344.

Address, phone or e-mail changes should be sent to Donna Murrish, dmurrish@aol.com or 206-363-5753

If you know of illness, please call Sunshine Co-Chairs, Winnie Smith (425-778-3979) or Pat Jones (425-787-2727).

To help with mailing our next **Bulletin** on **Tuesday, August 26**, call Betty Odle (206-525-8276),
 Ellie Bonnano (425-778-0751) or Ruthann Warren (206-367-0742).

Members on the move



- | | | |
|-------|------------------------------|---|
| Pg 9 | <i>Davis, Kenneth M</i> | 2085 Lake Isle Dr, Eugene, OR 97401-1764 |
| Pg 9 | <i>Dean, Patricia J</i> | 14806 Bothell Way NE, #325, Lake Forest Park 98155-7617 |
| Pg 12 | <i>Fortier, Sharon M</i> | 908 Shell Ct, Bedford, TX 76022-7669 |
| Pg 14 | <i>Grande, Wanda</i> | 2760 76th Ave SE, Apt 301, Mercer Is, WA 98040-2765 |
| Pg 19 | <i>Johnson, David C</i> | 17150 Talbot Rd, Edmonds 98026-5057 (same house, new address) |
| Pg 21 | <i>Koon, E. Bette</i> | 1714 NW 195th, Unit 5, Shoreline 98177, 206-546-6021 |
| Pg 23 | <i>Loney, Susan A</i> | 21904 40th Pl W, Mountlake Terrace 98043 |
| Pg 24 | <i>Mallonee, Shirley J</i> | 217 5th Ave N, Unit C, Edmonds 98020 |
| Pg 24 | <i>Marshall, Elizabeth J</i> | 584 Dolphin Dr, Freeland, WA 98249-9695 |
| Pg 25 | <i>McClintick, Russell L</i> | PO Box 683, Grayland, WA 98547 |
| Pg 34 | <i>Saad, Lynne K</i> | 8130 W Mercer Way, Mercer Is, WA 98040-5629 |
| Pg 40 | <i>Vandemoortel, Jon A</i> | 1819 20th Ave, #A, Seattle 98122-2809 |

Change of Address

- | | | |
|-------|---------------------|--|
| Pg 20 | <i>Kniffin, Dot</i> | 23709 - 9th Pl W, Bothell 98021-8505, 425-398-9847 |
|-------|---------------------|--|

Name Change:

- | | | |
|-------|--------------------------|------------------------------------|
| Pg 36 | <i>Smith, Patricia A</i> | Change to <i>Patricia A Stroud</i> |
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