



RETIRED TEACHERS ASSOCIATION

JUNE 1988

BULLETIN

PRESIDENT'S MESSAGE

At the joint luncheon with Sno-Isle on May 17, President Jessie Schroeder gave us much to think about our children and grandchildren. We must work to insure their inheriting a good world in which to live. Forty-two of our members attended and enjoyed a good luncheon and delightful music by a vocalist from Everett Community College.

Your seven delegates are all ready for the State Convention June 6-8 in Vancouver. We will be presenting a motion regarding the State's reluctance to act on a COLA for all retired teachers.

Remember, your 1988-89 dues are to be paid by July 1. Local dues are still \$6, but State dues have risen to \$24 a year. Those on automatic deduction should have been informed of this by a note from Ernie Newland recently.

Keep July 21 free for our annual picnic at the Svendsens'.

Be sure to attend our June 16 meeting; it will be a busy one with a brief speech by Larry McKeeman, candidate for Superior Court; a presentation by the Seattle Art Museum; and installation of our new officers by Eloise Stendal, new WSRTA president.

See you June 16,

Marion Bellows



CALENDAR OF EVENTS

June 6 - 8 State WSRTA Convention in Vancouver

June 9 - 1:30 p.m. Board meeting at Cheryl Bickford's

June 16 - 1:30 p.m. Board Room - Seattle Art Museum presentation and installation of new officers

July 13 - 1:30 p.m. Board meeting at Winnie Smith and Betty Morton's

July 21 - 4 p.m. Picnic at the Svendsens' honoring new retirees.



Deadline for the July
Bulletin is June 26, 1988.
Send to Betty Odle, 2137
N. 86th, Seattle, 98103.
Phone: 525-8276



IF YOU HAVE NOT PREVIOUSLY SIGNED UP FOR AUTOMATIC DUES DEDUCTION, OR IF YOU PAY WITH CASH AND HAVE NOT PAID YOUR 1988-89 DUES, PLEASE FILL OUT THE SECTION BELOW AND MAIL TO SNO-KING RTA, P.O. BOX 5253, LYNNWOOD, WA 98046 5253



20 PROVEN STRESS REDUCERS (Courtesy of Health Care Committee - Edie Kirkpatrick, Chairperson)

1. Get enough sleep. If necessary, use an alarm clock to remind you to go to bed.
2. Don't rely on your memory. Write down when to pick up the laundry, when library books are due, etc.
3. Don't put up with things that don't work right. If something is a constant aggravation, get it fixed or replace it.
4. Plan ahead. Don't let the gas tank get below one-quarter full, keep a well-stocked "emergency shelf" of supplies at home.
5. Make friends with nonworriers.
6. An instant cure for most stress: 20 minutes of brisk walking or other aerobic exercise.
7. Forget about counting to 10. Count to 1000 before doing something or saying anything that could make matters worse.
8. Take the scissors to your credit cards.
9. Think of your next embarrassing situation as an episode on TV's Candid Camera.
10. Everyday, make time for some solitude.
11. Schedule a realistic day. Allow ample time between appointments so you don't have to rush, worry, and apologize for being late.
12. Talk it out. Discussing your problems with a trusted friend can help clear your mind of confusion so you can concentrate on problem-solving.
13. Instead of doing something tomorrow, do it today; instead of doing it today, do it now. Hard work is simply the accumulation of easy things you didn't do when you should have done them.
14. Relax your standards. The world will not end if the grass doesn't get mowed this weekend.
15. Add an ounce of love to everything you do.
16. Say "No, thank you" to extra projects you don't have the time or energy for.
17. Donate extra stuff to charity. Getting rid of what you don't need makes what you do need easier to find.
18. Do nothing which, after being done, leads you to tell a lie.
19. Carry a duplicate car key in your wallet.
20. Resolve to be tender with the young, compassionate with the aged, sympathetic with the striving, and tolerant with the weak and erring--for sometime in life you will have been all of these.

FROM SNO-KING RTA - A CONTINUING RESOLUTION TO THE WSRTA BOARD, AND DELEGATES TO THE 1988 CONVENTION

WHEREAS, teachers who retired after 1973 do not receive an automatic COLA (Plan 1) and,

WHEREAS, the problem was caused by the failure of the Washington State Legislature to provide adequate pension funds in 18 of the past 20 years to meet actuarial pension fund requirements, and,

WHEREAS, the JOINT COMMITTEE ON PENSION POLICY states in their WORKPLAN ASSUMPTIONS that pension adjustments "MUST NOT INCREASE COST TO THE STATE", even though the JOINT COMMITTEE RECOGNIZES the obligation of the State and its failure to adequately fund the Teachers' Pension System.

NOW, THEREFORE, because the Washington Legislature has failed to act on any significant WSRTA COLA bills introduced in 1988 or prior years, and because manipulation of pension funding has precluded granting an automatic COLA, many attorneys believe there is a legal basis for redress in this clouded issue.

I move that the WSRTA BOARD be requested to seek additional research as a companion effort with the legislature.

Submitted by Gordon Bowers
Legislative Chairman, Sno-King RTA

NEWS ABOUT OUR MEMBERS

We are very sorry to report the death of the husband of our member, Kay Bartholomew. Our deepest sympathy is extended to Kay.

Sno-King members have been taking active part in WSRTA. John Hunter is finishing his term as Chairman of the WSRTA I & PS committee, and is running for State Treasurer. Marion Bellows will be the new NW-1 Coordinating Council Chairman. Betty Odle is Chairman of WSRTA Pre-Retirement Committee and Betty Puckett is on the Community Service Committee. William Stevenson has been nominated for the new WSRTA Investment Committee and Eleanor Wallis is the Editor of the WSRTA Journal.

