

SNO-KING SCHOOL RETIREES

NEWS

JUNE 1998

President: Dave Johnson, 425-776-7298 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: 1-800-221-1260

PRESIDENT'S MESSAGE

GREETINGS: ALL SNO-KING SCHOOL RETIREES!

What a fantastic year this has been! I started out with high expectations for a good year. My expectations were exceeded by the great cooperation that I received from the board members and all the members of the Association. The opportunity to serve you as your president has been a very memorable and enjoyable time for me. I can not thank each and everyone of you enough for the help and consideration that you gave to this organization and to me.

Our annual luncheon with Sno-Isle at the Mill Creek Country Club was a great success. We enjoyed helping them celebrate their 50th anniversary. Our unit was originally a part of the Sno-Isle unit.

June 8 to 10 we travel to Wenatchee for the WSRTA delegate assembly. You can be proud of our unit. We will receive top honors in all aspects of local unit Awards. Many interesting changes are proposed for the State Association. We will bring you up to date with a full report at the June meeting.

The program for June will include the Installation of Officers for 1998-99. Also your outgoing President will present a travel slide program on two trips to Africa.

THOUGHT FOR JUNE: "simplify, simplify, simplify." Let your concerns be as two or three, not more. Friends, work, the media and this thing called the Internet, along with our own wish lists, try to seduce us to complexity, busy-ness and anxiety.

Keep it Simple!

**Let's keep in touch,
Dave Johnson**

INSTALLATION OF OFFICERS AND AN AFRICAN SAFARI AT JUNE 18 MEETING

Join us for the installation of officers for next year: Don Denton, President; Rita Requa, President-Elect; David Johnson, Immediate Past President; Gayle Bromley, Secretary; and Donna Murrish, Treasurer. We will want to be there to show our support and to thank them for their work in the past years.

Then we will join Dave and Marlene Johnson on their African adventures via the slides of their recent trips.

Delegates will also share the highlights of the WSRTA Convention.

We hope to see a big crowd out for this special meeting to be held in the Board Room of the Edmonds School District Office 20420-68th AVE W , Lynnwood at 1:30 PM. If school is out by then perhaps some of our active school employee members will be able to join us.

COMING EVENTS

- | | | |
|-----------|------------|---|
| June 4 | 10:00 a.m. | Ferry Boat ride to Kingston - see page 6 |
| June 8-10 | | WSRTA Delegate Assembly - Wenatchee |
| June 18 | 1:30 p.m. | Installation of Officers and Dave Johnson's slides on Africa |
| July 16 | 2:00 P.M. | SAVE THE DATE FOR THE ANNUAL PICNIC HONORING NEW RETIREES AT EDMONDS CITY PARK. |

*
*
* SEE PAGE 5 TO DECODE YOUR LABEL, i.e. : DD, TE, 7/1/98, ???, and COMP
*
*

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

My monthly reports are usually focused on news of obtaining new members. Do you know why we work so hard on membership expansion? No, it is not for the dues! It is because a strong, informed statewide membership has more influence over the Legislature, and the Legislature holds the keys to our retirement security.

In the past few years, we have successfully lobbied for a monthly \$85.50 per person medical insurance subsidy for retirees (\$171 per non-Medicare couple). In 1995, we also received a Plan 1 COLA with annual increases for retirees 66 and over. And this year, we were successful in lobbying the Legislature to not only admit that they were pocketing "excess" gains from our retirement fund, but worked out a formula for a sharing of these excesses each time they occur. Yes, your \$4.00 per month dues do convert to cash in your pocket!

Who do you know who is receiving these benefits but not paying dues and supporting our efforts? Call me and we'll get them signed up! For those paying cash dues rather than by automatic deduction, make sure you renew your membership in July. Another way you can help is to actively support the Legislative candidate of your choice and let them know you are a school employee or retiree.

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

We are sorry to report the death of our member Lois Vinyard who passed away in May. Her services were held on May 21. Our deepest sympathy to all her family and friends.

Our thoughts are with Joe Manley, a retired member from Shoreline, who is in intensive care at University Hospital with complications following a five-way by-pass last month. Please keep Joe and his family in your prayers.

Please let one of our Sunshine Committee know of any illnesses so that they can spread their rays of sun.

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 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. Participants must register through Edmonds Parks and Recreation in advance, 425-771-0230. Spring and Summer dates are: June 10 & 11, and July 8-9. Classes are held 9:00 AM to 1:00 PM.



MISSION ACCOMPLISHED MAY 7TH

We "done did" the "P's" (all alliteration intentional) at the wonderful Woodinville Adult Day Center. The Painting-to-perfection was done by our own "dandy president-elect" Don Denton. Pruning was performed by our president, dexterous Dave Johnson, who assisted weed wizard Betty Odle in the Plant persuasion. The inside doors were Primped by scrubbing organizer Pat Jones and Pushing the vacuum under heavy furniture by bustling Bob Jones. (The Joneses were seen sneaking in some wily weeding as well.)

Finally, all involved, including 21 day center participants and staff, finished with fresh-cooked Pizza, Pop and salad. Sincere thanks to all for your superbly precious Participation.

(Editor's note: Those who missed this activity missed out on a great affair - Bob and Pat had everything beautifully planned with loads of equipment for lots of people and fantastic food - I have never tasted such wonderful pizza. Thanks to Bob and Pat for a perfect party!)

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. 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

I have to confess we're probably the last people in WSRTA who had not been on a cruise, but we finally remedied that in April by joining our daughter and her family (husband and two sons, 6 and 9) for a one-week jaunt in the western Caribbean aboard the *MS Veendam*, a Holland America ship.

My husband was very dubious because he had a lot of preconceived ideas - mucho boring time sitting in a deck chair or not enough leisure because of too many planned activities, too much dressing up for dinner (he's a casual kind of guy), too many tempting but caloric foods, and/or too much confinement aboard a ship with definite boundaries.

Fortunately, he was wrong on most counts, and there were alternatives for the occasions when he was right!

We embarked from Ft. Lauderdale during our grandsons' spring break and spent a full day on Half Moon Cay (Holland America's own island in the Bahamas group) where the sun, turquoise water, white sands and a happy barbecue set the pace. In fact, that was our favorite stop during the full week.

From there on, the week included stops at Grand Cayman Island, Playa del Carmen, Cozumel and Key West, plus two full days at sea.

We were able to leave the ship for a half-day side trip to Tulum, exploring the ruins of an 800-year-old Mayan city in Yucatan. A few temples and structures are fairly intact, displaying the incredible architectural feats the Mayans accomplished without modern cranes, mechanized tools and cement mixers. The remaining ruins convey the awesome spectacle of this ancient city and its superb defensible site on a soaring cliff above the blue ocean.

As for shipboard life, yes, there is a lot of caloric food. But there are also healthy, low-fat foods for those who choose otherwise. Yes, there are several nights when dress-up attire is de regueur in the formal dining room. But guests can opt for the more-casual cafe instead and dine on excellent cuisine.

Yes, there are a lot of activities available - art lectures, ship's kitchen tour, massages, casino gambling, shore excursions, deck parties, showtimes, movies, shuffleboard and golf putting. But the alternatives are sunbathing by the pool, swimming or reading in the ship's library. Or, indeed, sitting in a deck chair and watching the sea go by.

Holland America service is top-notch. The crew is mainly Indonesian while the officers seem to be Dutch and British. Our assigned dining room waiter, Gusti, told us of his home on Bali where his young family await his semi-annual furloughs. He took a shine to our grandsons who mirrored the ages of his own children, and he often slipped extra ice cream to our six-year-old.

To arrange the cruise for all six of us, we worked with Sno-King member Betty Tift, who was a Northshore elementary teacher before starting her second career after retirement. Want more information? You can find her at Cruises Unlimited in Kirkland, (425) 821-4200 or 1-(800) 344-2506.

NEWS OF OUR MEMBERS

Six of Sno-King's original members were present to help Sno-Isle celebrate it's 50th anniversary. When Sno-Isle seemed to become too large the members who were from the Edmonds School District started their own unit, Sno-King, and included retirees from the Shoreline and Northshore School Districts. Those ladies that were present at the luncheon were: Pat Svendsen, Helen Beaver, Winnie Smith, Betty Morton, Adell Swanson and Donna Palmer. Unable to attend were Alma Buxton, Ruth Westerhuis, Vesta Lerdrup, Myra Sorensen and Al Svendsen.

Although some members can no longer be active, they still give their support by belonging and supporting many activities.

You should get acquainted with some of these remarkable people. Adell Swanson could tell you many stories about her teaching in a one room school. Vesta Lerdrup is proud to be 95 and reports she reads every word of the newsletter. Alma Buxton still is a volunteer tutor in a school and has been for years. Pat Svendsen was the 2nd president of Sno-King and initiated the retirement seminars that Sno-King holds. Winnie Smith and Betty Morton proudly wear their Sno-King T-shirts and attend all Sno-King functions. Helen Beaver knits baby layettes for her church guild while riding her stationary bike and watching her favorite opera at the same time. What a gal!

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

NEW TEST TO DETERMINE HOW LONG YOU WILL BE A SAFE DRIVER When to hang up the car keys is difficult to determine. Older drivers are at a greater risk of crashes and injury when compared to other age groups, but individuals of the same age may differ greatly in their driving skills and abilities. Using a novel "Useful Field View" test to measure how drivers react to what they see, researchers at the University of Alabama found that poor performance on the test was closely linked to an increased risk of causing an accident. "By measuring the skills directly related to driving, we can identify specific drivers who are at greatest risk" says Dr. Cynthia Owsley, University of Alabama, as reported in the April 8/98 issue of the Journal of the American Medical Association.

Additional studies are being made on retraining older drivers to improve their skills and compensate for lost visual acuity and alertness. The study involved 294 drivers ranging in age from 55 to 87 over a three year period. (Info from THIRD AGE mag.)

PATIENTS NOT TAKING LIFE SAVING MEDICATION - An estimated 38 million adults have cholesterol levels that increase their odds of having a heart attack, according to the Journal of the American Medical Association. About half of these do not have their prescriptions filled. "For half the people who need this drug not to take it is pretty extreme" says Dr. Jerry Avorn of Brigham and Women's Hospital in Boston. We're talking about a substantial loss of life."

Some of the newer cholesterol lowering drugs include lovastatin, pravastatin, simvastatin, etc. - which doctors recommend when a patient's total cholesterol level exceeds 240 milligrams per deciliter of blood, usually combined with a change of diet and exercise. This treatment is part of a whole new style of preventive medicine that can enable people of all ages to stay healthy, active and productive.

EDUCATING DOCTORS - To help doctors learn new treatments, physicians hired by the Federal government have been coaching doctors at hospitals, in seminars, telephone conferences and mailings to help all doctors learn which treatments are effective and push them toward using new, better approaches, according to the Journal of the American Medical Association. Death rates from heart attacks have been sharply reduced by educating physicians on the use of beta blockers, cholesterol reducing medication, aspirin for blood thinning and especially TPA for strokes - which must be given within three hours after a stroke starts. "The No. 1 reason people don't get treated is because they don't get there in time", said Dr. Arthur P. Pancioli, lead author of a new survey report by the AMA (Note - most doctors in the Seattle area have been prescribing the above treatments for years, saving many lives.)

NEW ESTROGEN ALTERNATIVE - Ralozifene, approved by the FDA prevents osteoporosis, reduces the risk of breast cancer, lowers levels of a blood clotting protein called fibrinogen, another risk factor for heart disease. The study involved 390 healthy postmenopausal women at eight medical centers nationwide. The leader of the study, Dr. Brian Walsh, Brigham and Women's Hospital in Boston, cautions that the drug, known as "Evista" needs more testing on whether it prevents heart disease, which kills seven times as many women as breast cancer in the 55 & over age group.

NEW, SMALLER IMPLANTED DEFIBRILLATORS - A small battery powered, beeper size device is surgically inserted into a patient's chest. It has the power to jumpstart the heart from cardiac arrest and corrects rhythm disturbances. This product is similar to heart pacers that have been used for many years, but is more powerful, and can save lives lost in cardiac arrest. (Info, Readers' Digest, June'98, p. 132.)

RECOMMEND READING "ASSAULT ON ARTHRITIS" - AARP "Modern Maturity", Pages 66 & 67 of May-June issue. This covers newest treatments which include the injection of a substance called hyaluronic acid, which lubricates and may protect the affected joint - this treatment is used on those with osteoarthritis. Another study involves treating rheumatoid arthritis with the drug minocycline, an antibiotic commonly used to treat acne.

1000

**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.

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.

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

Local Unit No. 23

Name _____

Phone _____

Address(Summer) _____

Address(Winter) _____

Retirement No. _____

Soc. Security No. _____

Legislative District _____ Local Unit: Sno-King

Signature: _____

MEMBERSHIP PLAN

I pay yearly: (check) State Dues() \$36, Local Dues() \$12

Associate Dues (Spouse) () \$2, Total _____

(Make check out to Sno-King RTA and send payment to Sno-King RTA, 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

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. _____

Legislative District _____ Name of Local Unit: Sno-King

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

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. _____

Legislative District _____ Name of Local Unit: Sno-King

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)

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

MINI TRIP TO KINGSTON, Thursday, JUNE 4, 10 a.m.

It has been suggested that we plan a day trip to Kingston and eat lunch at the old hotel. We will walk on the Edmonds ferry at 10 a.m. Please call Barbara so she will know how many to expect.



News deadline for JULY Bulletin is JUNE 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 Dave Johnson, 425-776-7298 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. We try to get the letter out the last Wednesday of the month beginning at 9:30 a.m. Call Betty before coming in case the printing has been delayed.