

# Sno-King School Retirees



June 2001

## The SKSR Bulletin

A message from our president

### You can't take it with you—can you?

by Jack Rogers, 206-367-7153

I know you can't take it with you. They said Jack Benny wasn't so sure about that, but for everyone else there are the two certainties of death and taxes. So what now? Like almost everybody else, I want to make sure I don't run out of money before I run out of opportunities or obligations to spend it. Financial planning should be a mandatory course for all teachers entering the profession because no matter how tough times can get, there's always the need to have something put away for a rainy day or in my case, retirement.

I feel very fortunate to be in the position I'm in. My wife and I are now both retired. Our children are grown and are productive self-sufficient positive citizens. Our bills are under control, and we can make ends meet. I spend a lot of time working for worthy causes in the community, volunteering my time and energy. I find these activities to be rewarding and a means of keeping me out of trouble (most of the time). They say retired people shouldn't just plan to go home and sit in front of the television but keep active and involved. I agree, but I'll admit there are times when I long for the TV option.

Among the activities in which I'm involved is serving on the foundation boards for Shoreline Public Schools and for Shoreline Community College. Both of these citizen groups are actively involved in raising funds aimed at making the world a better place. The Public Schools Foundation seeks funds for classroom enrichment programs and support for students who need extra help to succeed. The Community College Foundation is geared toward helping students get through college and finding a suitable career path. I can give of my time to these worthwhile causes very easily. What is harder is giving financially. Since I chose education as a

see **PRESIDENT** on page 2

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career, I'm not a financial high roller. So we've decided that a way we can assist financially is to leave a bequest in our wills. No one in our family desperately needs financial assistance, and we certainly wouldn't want our offspring to miss out on some of the character-building experiences we went through. Even though the bulk of our estate will go to them, we also want to support certain causes that have been important to us.

Charitable foundations have realized that in the coming decades as the torch is passed from the baby boomers to the next generation, billions of dollars from estates will also be passing to new hands. The IRS has realized this, too. Both of the foundations to which I'm connected have started Legacy Clubs to acknowledge those who wish to leave bequests to their organizations, and they are actively recruiting members. I like the idea, since I won't be using the money where I'm headed. I understand paper ignites at 451° Fahrenheit.

I feel good about leaving a bequest to an organization I trust, knowing they will put the money to good use. In the grand scheme of things, I'm not leaving all that much. Certainly, it's not enough to worry about someone checking my pulse every time they shake my hand, asking how I'm feeling or needing to have someone else taste my food at the banquets. It is a nice way to get a crystal vase, a free lunch and your name in print, if that's important. But of greater value and what gives me satisfaction, is that whatever I do leave will be aimed at making the place a little better. Think about it.



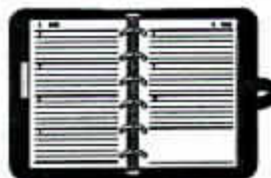
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**MARK YOUR DATEBOOK**

Coming Events for Sno-King School Retirees

June 21 ..... General Meeting, 1:00  
 Edmonds School District Board Room  
 20420 68th Avenue West, Lynnwood  
 Trudy Dana, Lynnwood Police Department  
 Personal Safety

July 19 ..... Annual Picnic, 11:00  
 Kenmore Park

## Congratulations to our SKSR 2001 Scholarship Winners:

by Keith Lindaas and Linda Fitzgerald, scholarship committee co-chairs

- ✓ Lindsey Becker—Edmonds-Woodway HS
- ✓ Kathryn Brethauer—Woodinville HS
- ✓ Sarah Murphy—Meadowdale HS
- ✓ Nik Maier—Shorecrest HS

Each of these winners will receive a \$1000 scholarship.

**Lindsey** plans on attending Western Washington University and pursuing a degree in elementary education. She has been enrolled in a teaching academy at her high school this year and is also active in girls golf and Young Life.

**Kathryn** plans on attending the University of Washington. She plans to become a high school language teacher—probably Spanish. She spent a year in Brazil as an exchange student while in high school. Kathryn is active as a volunteer with the American Field Service (exchange student program).

**Sarah** plans on attending Northwestern University in Evanston, Illinois. She plans on a career in secondary education. Sarah was yearbook editor this year and is active in student government.

**Nik** plans on attending St. Olaf College in Northfield, Minnesota. He plans on focusing on languages. He is an editor of a literary arts magazine at his high school. We were pleased to greet these outstanding recipients at our luncheon.



*Kathryn, Nik, Lindsey and Sarah attend the scholarship luncheon, where the members of SKSR heard them each speak and had the opportunity to visit with them.*



*Debbie DeMetrie returns to SKSR to portray Eleanor Roosevelt, one of Debbie's many characters, at the annual SKSR scholarship luncheon.*

# 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. 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, call Bob Jones at 425-787-2727. Note that the class is a two-consecutive-days class, which can be selected during the month of your choice.



**Last chance in  
2000-2001**

*June 6 and 7*

Health tips for you

## Caring for your heart

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

### MENDING A BROKEN HEART

#### *A true love story*

Her husband, age 57, had always been a hard working farmer until constricted arteries caused disabling chest pains, even after a triple coronary bypass, special diet, heart medication, etc. He was so short of breath he could hardly walk. His wife, Jean, a high school teacher in DeLeon, Texas, desperately searched for medical coronary experiments that might give some hope. She found an article on a new form of gene therapy—angiogenesis in which new blood vessels were grown in areas of the body that had lost their blood supply.

The researcher, Dr. Jeffrey Isner of Boston, planned to apply this therapy to human hearts. FDA approval was still pending, but earlier research in rabbits had shown that regrowth of new arteries was possible. By 1996, FAA gave approval for an experimental group of 20 people suffering from advanced peripheral vascular disease; results from this human test were excellent, saved some patients from leg amputations, and could walk again without pain.

The next step was to be a gene therapy experiment on 20 heart patients like Floyd, in what would be a "biological bypass." Jean pleaded and appealed, sending letter after letter, photos of her, Floyd and the farm to Dr. Isner. Finally, they were on the list of 20 and off to Boston, where Floyd's surgeon injected Vascular Endothelial Growth Factor Gene (VEGF) directly into four areas of the heart

muscles. The effect took several weeks, but as the new small arteries grew, Floyd gained strength and was off in his truck tending the farm.

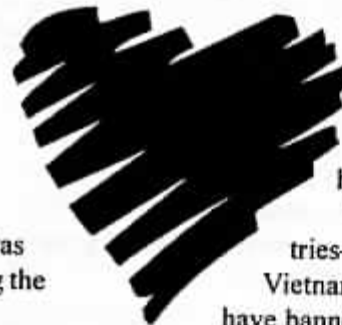
The 200 patients treated show that new fine arteries have regrown to nourish damaged tissue. The FDA has the project on hold review. For more information, see "To Mend Her Husband's Heart," *Readers' Digest*, Mar. 2001, pp 93-98; writer John Pekkanen.

### ARSENIC IN YOUR BACK YARD?

Maybe not, but pressure-treated wood, lumber used for most fences, decks and wood playground equipment is under investigation as a hazardous poison and known carcinogen. The University of Miami and the Florida Department of Environmental Protection have found in the words of the environmental chief, "There's a lot more arsenic coming out of this wood than anyone ever realized."

Some people are more sensitive to arsenic—a Seattle science teacher spent several days sawing treated lumber, building a floating dock for his three children. He was covered with sawdust daily and felt a little worse each day until he collapsed and suffered permanent damage from arsenic poisoning.

The wood preservative industry hasn't been required by governmental regulations to post warnings of the potential hazards, even where used on playground equipment. Soil tests show high pollution, but industry officials



say treated lumber is safe if handled properly.

Some other countries—Switzerland, Japan, Vietnam, Indonesia, etc.

have banned wood treated with chromated copper arsenate (CCA). The U.S. Environmental Protection Agency has not banned CCA. Information from *Los Angeles Times* and *The Seattle Times*, article by Alan Miller, April 15, 2001, P. A20

### CPR TRAINING—NORTHWEST HOSPITAL WANTS YOU TO LEARN LIFESAVING

Skills from Medic II personnel—third Tuesday of each month, 7-10 PM, free, but call 206-368-1564 to register.

### CAREGIVERS SUPPORT GROUP—NORTHWEST HOSPITAL

This is for family, friends or anyone caring for an individual. Meets second and fourth Wednesday of each month. Call: 206-368-1304. Free.

### ALL ALONE AND HAVING A HEART ATTACK?

Without help, a person whose heart stops beating will have about 10 seconds before losing consciousness. Here is self help, a quick procedure: deep cough, repeatedly, with a deep breath every two seconds...until help arrives or the heart is beating again. The breaths get oxygen to the lungs, the coughs squeeze the heart and keep blood circulating. That may give time to get to a phone to call 911. It's a kind of self-administered CPR! I hope

see HEALTH on page 7

Traveling with Terri

## Canadian travel can be rewarding and educational

by Terri Malinowski, travel chair, 425-483-8344

An auto trip across Canada on Trans-Canada Highway #1 or a train trip aboard Canadian Rail can be more interesting than a similar trip across the United States.

Starting in British Columbia, climb the Canadian Rockies in the vicinity of Banff and Lake Louise, swoop across the endless prairies of Alberta and Saskatchewan and wend through the lakes of Manitoba province to reach Ontario.

From that point, staying north of the St. Lawrence River to explore the provinces of Ontario and its interesting neighbor, Quebec, can be a trip in itself. The biggest hurdle is to get across Ontario to the southeastern corner where cosmopolitan Toronto and the national capital of Ottawa offer several days of delightful excursions.

One way is to fly from Seattle to Detroit, rent a car, and cross the channel between Lake Erie and Lake St. Clair via a tunnel. Voila—you are in Windsor, Ontario. Another way is to skip all of the preliminaries and go straight to Toronto, either flying from Vancouver, BC, or catching a flight from Seattle to Buffalo, New York. A rental car takes you straight across the St. Lawrence River to Toronto. The best part about going "straight

across" is the fact that Niagara Falls forms the boundary between the two countries.

Stop off on the Canadian side to view the falls—the view is much better. In fact, descend to the park beside the river and board one of the excursion boats that virtually disappear into the mists formed by the thundering falls. You won't soon forget Niagara Falls after viewing them from that perspective. The boat service even furnishes slickers, but it doesn't guarantee you'll stay dry!

If the day is waning, stop for the night in the village of Niagara-on-the-Lake. It's touristy, but charming. The lake in question is Lake Ontario, connected to Lake Erie by the channel that produces the Falls, so you're within striking distance of two of the Great Lakes. Or make your overnight stop in one of the western suburbs of Toronto, maybe Mississauga or Etobicoke.

Toronto flaunts North America's tallest free-standing structure, the CN Tower, the Canadian version of our more modest Space Needle. Along the lake is the colorful Harborfront district, while the Royal Ontario Museum offers everything from dinosaur fossils to Chinese art.

Right in the heart of the city is



Casa Loma, North America's largest castle with 98 rooms, hidden panels and passageways.

Moving eastward from Toronto, follow the Lake Ontario shoreline...the vistas are wonderful and slow-paced. At Kingston, the lake narrows to begin the St. Lawrence River, and the shoreside highway provides even more to watch. There are huge cargo ships, smaller boats, rafts and waterlife.

At Prescott, just before veering northeasterly to Ottawa, detour across the bridge briefly to Ogdensburg, New York, a quaint, old-fashioned sort of town. Then head back into Ontario and on to the national capital where the Ottawa River

see TRAVEL on page 7

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*I have several Edmonds district employees as references.*

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Our membership chair speaks

## Now is the time!

by Don Denton, 425-787-7881

Each May and June, this committee focuses on new retirees. Traditionally, about one third of those who will be retiring each year from Edmonds, Northshore and Shoreline will already be members of Sno-King and WSSRA. The rest need to be!

Please ask retiring colleagues if they are members and, if not, ask them to join. Then call or e-mail me (dondenton@jps.net) and I will send him/her a membership form. Even if someone won't give you a commitment, please give me a name and address so I can make contact later.

Why belong to Sno-King and WSSRA? Because we are the only organization whose sole mission is to enhance the benefits for school retirees, no matter what the job title. Please make it your responsibility to help with the recruiting of new members. With over 600 member deaths in our state each year, we need lots of new members just to maintain the state membership level at 16,000. Our dues fund our legislative lobbying. We need your help!

In your 50s? That is the optimum time to investigate long-term care insurance.

Have a family member needing care? Then you know why financial planning beforehand is essential.

For no-hassle quotes, contact

**Don Denton**

(425) 787-7881

dondenton@jps.net

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## SKSR BULLETIN BOARD

### PLAN AHEAD

The annual Sno-King School Retirees picnic will be held at the Kenmore Rhododendron Park on Thursday, July 19. We'll have our annual clean-up day preceding the picnic. More information will be in the July *Bulletin*. Do invite one or more 2001 retirees to join us for the picnic. This is the perfect opportunity for them to begin the renewal of friendships (and forming of new ones) that will help make their retired years more meaningful and enjoyable.

July 19 -- Kenmore Park -- SEE YOU THERE!

### SUMMER COLLEGE-2001

Monday-Friday, July 23-27

Each summer Shoreline Community College hosts about 150 people (ages 50 and over) in classes ranging from Globalization to Science News to Shakespeare's Women and Internet Investing. For more information and a complete program brochure call 206-546-4562.

- Location: Shoreline Campus
- Time: 8:00 AM-1:30 PM
- Fee: \$55-65

*submitted by Barbara Berg, member service chair*

### VOLUNTEER BEACH DOCENTS NEEDED

Edmonds Discovery Programs

Here's a chance to make a difference by helping staff the Olympic Beach visitor station on weekends Memorial Day through Labor Day. Help the beach ranger and naturalists with low tide beach walks and special events. You can receive valuable free training and resource materials to take home, and you will receive a free *Discover the treasure with Edmonds beach rangers* t-shirt. You will be helping protect the marine environment while meeting interesting people and sharing ideas. Call 425-771-0227 for more information, to request a volunteer application or to request a presentation for your group or organization.

*submitted by Donna Murrish, treasurer*

### GARDENER INFORMATION

Every Wednesday is Senior Day at Sky Nursery. To honor their senior gardeners, they offer a 10% discount on all regularly-priced store merchandise and plants. Sale items, bulk delivery and gift certificates are not included. I think Molbak's Senior Day is Tuesdays, also offering a 10% discount.

*submitted by Rita Requa, past president*

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## Susan Jackson utilizes grant



*It was a perfect day for a field trip— 72 degrees, a cloudless sky and a yellow school bus. Twenty-one second and third graders, parent chaperones and teacher, Susan Jackson, from Arrowhead Elementary in the Northshore School District board the bus for a field trip to the Arbor Day Fair, held at the University of Washington. After studying about forests, the students completed a number of activity stations ranging from tree identification and papermaking to fish and wildlife. Transportation was made available through an SKSR grant awarded Susan for this special event.*

TRAVEL from page 5



separates Ontario from the neighboring province of Quebec. Ottawa feels very British, starting with the 1866 Parliament Buildings, ornate and sumptuous. The landmark Chateau Laurier Hotel, built in 1912, offers more opulence. Across the river is a little bit of France, the city of

Hull in Quebec province.

But to really experience French Canada, the destinations are Montreal and Quebec City, farther eastward along the St. Lawrence. There are forts and chateaus and narrow winding streets. French is spoken, French is read and French is very visible on signs and marquees.

Off the edge of Quebec is the 21-mile-long Isle of Orleans in the middle of the St. Lawrence. Although Quebec is less than 10 miles away, the island remains

very rural. Its half-dozen villages retain architecture dating to the 1600s. A 42-mile loop road makes a pleasant outing, and there are woven rugs, beeswax candles and homemade jams for sale along the way.

If you're looking for something unusual, yet not too far out, try a trip along the St. Lawrence this summer or fall. Our Canadian neighbors always have the welcome mat out.

• For contributions or questions, call Terri Malinowski, (425) 483-8344 or email her at [terrim@accessone.com](mailto:terrim@accessone.com)

HEALTH from page 4

you never need it, but it's worth a try! Information from Rochester General Hospital via East King School Retirees Association, April 2001 Newsletter, with special thanks to Sno-King editor Bruce Caldwell.

### WEIGHT-BEARING ACTIVITIES

The Mayo Clinic wants you to know about weight bearing activities. These are any activities you do on your feet with your bones supporting your

weight—walking, jogging, climbing stairs, etc. Mayo Clinic doctors recommend that everyone who is able should do weight-bearing activities for 35 minutes daily to strengthen and maintain bones. Information from the *Mayo Clinic Newsletter*, April 2001, P. 3.

### BIONIC HEART TO BE TESTED IN FIVE HUMANS

This new mechanical heart is implanted in the chest with no

wires or tubes outside the body and has a rechargeable battery that receives power through the skin from a charger pack, allowing the patient to move freely doing routine life chores. The FDA-approved experiment will hopefully extend the patient's life another 60 days while waiting for a heart transplant. The "heart" is named Abiocor, a pump made of titanium and plastic. Data from Associated Press, April 20, 2001.



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**HELP US WITH INFORMATION TO PUT IN THE BULLETIN**

The deadline for the next newsletter is Monday, June 13.

Send news and other materials to

**Jo or Bruce Caldwell**, PO Box 1117, Edmonds WA 98020, WMEAoffice@aol.com, fax 425-776-1795, phone 425-778-9390.  
Please send TRAVEL news to **Terri Malinowski**, 15341 158th Ave NE, Woodinville WA 98072, terrim@accessone.com, 425-483-8344.  
*Please send us news about other members as well as about your activities.*

If you know of illness, please call Sunshine Co-Chairs, **Gayle Bromley** (206-364-1314)  
or **Frances Peters** (206-361-8594) or call past president **Rita Requa** (206-362-5220).

To help with mailing our next *Bulletin* on Monday, June 25 call **Betty Odle** (206-525-8276),  
**Ellie Bonnano** (425-778-0751) or **Ruthann Warren** (206-367-0742).

**OUR JUNE MEETING**

*submitted by Jack Rogers, president*

This month's meeting will be held at 1:00 PM on Thursday, June 21, 2001, in the Edmonds School District Board Room. We have the good fortune to have police officer Trudy Dana from the Lynnwood Police Department as our guest speaker that day.

Trudy will be giving a very interesting presentation especially designed for seniors covering personal safety, protection from con artists and other subjects relevant to us. I know that you'll want to be there to hear how you can help make these years safe and secure for yourself.

