

Sno-King School Retirees



March 2002

The SKSR Bulletin

A message from our president

Spring has sprung!

by Bob Jones, 425-787-2727-bobjones@premier1.net

Can you believe it? Crocuses are up. Valentines Day and Presidents' Day are over. February's meeting was sung out. The snow is gone. The trees are alive. Am I? March has rolled in and I feel like I haven't gotten out of bed yet. Well, not really. It's time for the snowbirds to return. There is so much to do; where does the time go? That's life in the retirement lane, and don't you just love it? Sure glad we don't have work or teach to add to the goings on, but then again, some do.

Do you know who we are as an organization, and our reason to exist? If you look at the website you will find that Sno-King School Retirees is a nonprofit association whose purpose is to promote the general welfare of its members, public education and good citizenship by:

- promoting the economic, social, and professional status of retired educators
- cooperating with the state and national retired teachers associations
- cooperating with the AARP in helping advance the interests and fare of all retired persons
- aiding in the advancement of education and helping retired educators maintain identity with their profession
- providing opportunity for meaningful contact with friends and associates and encouraging members to maintain interest and participation in the association, educational and community affairs
- presenting the image of aging as one of dignity, independence and purpose
- encouraging active educators to prepare for retirement.

Bob Jones, President
Jack Rogers, Past President/Legislative
Sharon Carson, Secretary
Dave Johnson, Treasurer
Terri Malinowski/Alice Bingaman, Communications
Bob Jones, Community Service
Donna Murrish, Directory
Gordon Bowers, Health Services
Barbara Berg/Phyllis Enger/
Ruth Woodward, Member Services
Don Denton, Membership
Wes Grande, Retirement Planning
Rita Requa, Education/Grants
Betty Odle, Historian/Picnic Coordinator
Marilyn Alaniz/Mariene Johnson, Hospitality
Rachel Lake, Mailing
Ellie Bonanno/Ruthanne Warren, Phone
Linda Fitzgerald/Keith Lindaas, Scholarships
Mary Ellen Gardiner, Scholarship Correspondent
Gayle Bromley/Fran Peters, Sunshine
Jo/Bruce Caldwell, Bulletin Editors

see PRESIDENT on page 7

YOU'LL FIND INSIDE

President's Message 1
 Calendar of Events 2
 Remembering 3
 Health Tips 3
 Travel with Terri 5
 Membership 6
 Bulletin Board 6
 Members on the Move 8

Our March 21 meeting

WSSRA President-elect to speak

Plan to attend the next SKSR meeting to be held Thursday, March 21, at noon. It will be a joint luncheon with the East King School Retirees Association. WSSRA president-elect Bob Slingland will address us. He has taught every level through high school in the Ellensburg schools and also at Central. For 24 years, he was a Tacoma school administrator.

His WSSRA assignments include the executive board, the state legislative committee, awards committee (chair), ad hoc TV committee and delegate assembly vendor displays chair. He served as Pierce County Unit president (two terms), vice president, and chair of public relations, education and hospitality.

The luncheon will be at the Ballinger Golf and Country Club. From I-5 northbound, take Exit 178, turn left and cross over the freeway. 236th becomes Lakeview Drive. The club will be on your left. You can also go up Meridian across the county line to 228th and turn right. 228th becomes Lakeview Drive, the club will be on your right. From the north, take exit 177, go right to Meridian/44th, turn right and follow the "Meridian" instructions above.

The cost is \$9.95. Advance registrations are required. Make yours by calling Betty Odle (206-525-8276) by March 15.



For all your real estate needs call

Marilyn Irwin

Windermere Real Estate/H.H. Inc.

425-672-1118—206-300-4438

Acceptance of this paid advertisement does not imply SKSR endorsement.



MARK YOUR DATEBOOK

Coming Events for Sno-King School Retirees

March 21 Joint Meeting with East King
Ballinger Golf Club
 23000 Lakeview Drive, Mountlake Terrace
 Bob Slingland, WSSRA President-Elect

April 18 Scholarship Luncheon
Edmonds Unitarian Church
 Champion Junior Ballroom Dancers

May 16 Joint Meeting with Sno-Isle
Everett Golf and Country Club

June 20 General Meeting
Edmonds School District
Educational Services Center

Bronn Journey

July 18 Picnic
Edmonds City Park, Kitchen #2

Welcome new retirees

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

March 14
 April 11

May 9
 June 13

Remembering . . .

Norman "Bob" Arnesen died from cancer on November 27, 2001, at the age of 77. Born in Canby, Oregon, Bob served in Europe as a staff sergeant during World War II. He attended Northwest Nazarene College where he met his wife, Ethel, and then attended Seattle Pacific College.

During 30 years with the Shoreline School District he taught fifth and sixth grades for nine years and was a principal for 21 years. He was president of the principals' association and served as editor of the state principals' newsletter.

He received a number of community service awards. After retirement he served as facilities administrator of the North Seattle Church of the Nazarene and taught English to Chinese immigrants. He is survived by his wife, Ethel, three children and seven grandchildren.

John P. Miles died February 4 at the age of 65. He was born in Minneapolis in 1936. John spent many years in the Edmonds School District working as a classified employee.

He was involved with the Boy Scouts of America for over 50 years and also enjoyed spending much time with his family, especially his grandchildren.

John is survived by his wife, Norine, two children and two grandchildren.

Health tips for you Stay healthy

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

Johns Hopkins wants you to know

With the plethora of health info in all media, it seems best to just highlight those that come from very reliable sources. Johns Hopkins wants to reassure everyone that cholesterol lowering drugs (statins) are recommended as the first choice for people with high cholesterol, and too much of the LDL (bad cholesterol). Statins are the safest and best medications for preventing heart attacks and strokes. When taken properly, they can achieve a 50% reduction in LDL cholesterol.

Approximately 13 million Americans are now taking statins, and side effects are minimal. Close supervision by a doctor is recommended. Source: *Johns Hopkins Medical Letter*, February 2002, P. 3.

Believe it or not

Alcohol can be both a risk factor and a preventative measure for strokes, but binge drinking increases the risk of stroke. Moderate drinking—no more than one drink daily for women and one or two drinks daily for men, can increase "good" hi-density lipoprotein cholesterol and decrease blood-clotting tendencies. Both factors may contribute to a reduce risk of ischemic stroke. Source: *Mayo Medical Essay*, February 2002, P. 2.

Lactose intolerance

Scientists have discovered a genetic cause of lactose intolerance which affects 30 million Americans who can't digest milk products. Soon after eating or

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, 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.



**Remaining
2001-2002
dates**

March 6-7
April 3-4

May 1-2
June 5-6