



RETIRED TEACHERS ASSOCIATION

MARCH, 1988

BULLETIN

PRESIDENT'S MESSAGE

Spring isn't officially here yet, but it certainly looks like it out there with all the budding flowers and trees.

Election time for our Unit is just around the corner. Nominations Chairman Winnifred Smith, Betty Puckett, and Gordon Bowers will have a slate of officers to present at our March meeting with elections to be held at the April luncheon meeting.

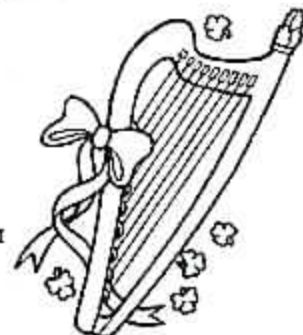
March 1 is the deadline for scholarship applications from all three of our Districts. We are so pleased to be able to offer scholarships to all of the Districts this year. Hopefully, we will have the three winners at the April luncheon.

Please note that on March 17 we will be traveling to the Shoreline Historical Museum, which is easily accessible. Make plans to bring a carload of RTA members and friends.



See you on St. Patrick's Day

Marion Bellows



CALENDAR OF EVENTS

- February 23 - 7 p.m. First Pre-retirement seminar in Edmonds Cafetorium
- March 1, 8, 15, and 22 - Balance of Pre-retirement seminars.
- March 9 - 1:30 p.m. Board meeting at Jim Becker's - 16420 - 38 Ave. NE, Seattle
- March 17 - 1:30 p.m. Regular meeting at Shoreline Museum - 749 North 175, Seattle
- March 22 - 9 a.m. Co-ordinating Council at Sno-Isle Skills Center
- April 13 - 1:30 p.m. Board meeting at Kamilla Aarseth and Marvel DeSordi's
- April 21 - 12 noon Scholarship luncheon - Edmonds Unitarian Church



SHORELINE HISTORICAL MUSEUM - SITE OF MARCH 17TH MEETING

Arrangements have been made to tour the Shoreline Historical Museum (N. 175th St., one block west of Aurora) for our March 17th meeting. Luanne Bivins, volunteer coordinator, will talk about the museum, its history and its future plans.

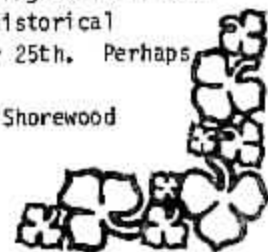
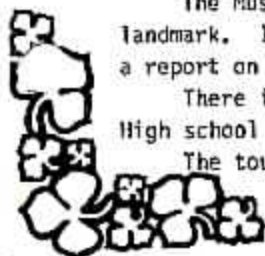
The Museum builds on the work done by the Shoreline Historical Society, founded in 1959. The Museum was formed as a U.S. bicentennial project and articles of incorporation were signed July 4th, 1975. Official opening ceremonies were held June 14th, 1976.

The museum is located in the old Ronald School Building, one of the three oldest schools in the Shoreline School District. Judge James Ronald deeded the property and, in 1906, a small white frame building with a bell tower was constructed, followed in 1926 by the addition which completed the building as it is now.

The Museum Association has nominated the Ronald School Building to be designated as an historical landmark. Initial hearing by the King County Landmarks Commission was scheduled for February 25th. Perhaps a report on the hearing will be provided by the Museum staff.

There is ample street parking with limited parking spaces on the Museum grounds and the Shorewood High school parking lot.

The tour as well as access to the meeting rooms will include some stairs to climb.





Retirees' Investment Program

Bonds

Form an educational bond with a young person as his/her tutor.

Limited Partnerships

Sign up for tutoring with a friend; it only costs half the time and someone is there to take over if you want to travel or if perchance you are ill.

Dividends

Guaranteed:
1. Immediate
2. Future

Mutual Funds

For you and a child in need, as you see him/her succeed!

Premiums

"Weekly"
A small amount of your time invested.

Stocks

Buy stock in our future generations. Their success is our dividend.

Where? :

Evergreen Elementary

Call: Joyce Todd

771-4318 or
771-4334

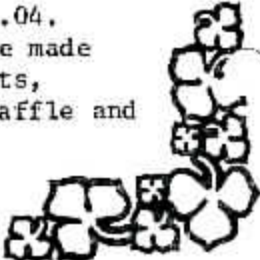
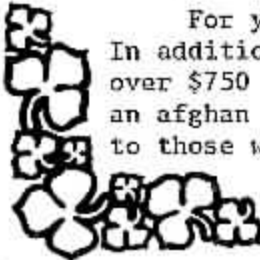
EVERGREEN ELEMENTARY SCHOOL NEEDS YOU!!! Many of the K-3 students need tutoring help. Your commitment of one hour a week (or share the time with a friend). You will be in a one - to - one situation helping a child with reading, math, spelling, language. The program will start in March and the time set is from 11 to 12 on Wednesdays. However if you are not available on Wednesdays and can help on another day adjustments can be arranged. Evergreen is located at 6004-237th SW, Mountlake Terrace. Why don't you call a friend and make a date to spend an hour tutoring and then go out to lunch.



SCHOLARSHIP

Be sure to save the date of April 21 so you can join us at the Scholarship Luncheon at the Edmonds Unitarian Church. This year we are giving scholarships to a student from each of our districts: Edmonds, Northshore and Shoreline. You will want to attend just in case one of the recipients happens to be one of your former students.

More information about the luncheon will be in the April newsletter, but the committee would be happy to hear early of your plan to attend or if you would be willing to bring a salad for the luncheon. Call Betty Puckett, 522-8921, or Cheryl Bickford, 363-2731.



For your information the scholarship fund now has a balance of \$6,775.04. In addition to donations, memorials and proceeds from our luncheons we have made over \$750 over the past four years in the raffles of four sweaters, 3 berets, an afghan and clock. Our thanks to those who have donated the items for raffle and to those who sold the tickets and those who bought them.

HEALTH TIP from Edie Kirkpatrick,
Health Care Committee Chairman

Yes, there is such a thing as health food, and its name is broccoli. One serving of fresh broccoli (one cup, chopped) gives you about 90% of your daily requirement of vitamin A, 200% of Vitamin C, 6% of niacin, 10% of calcium, 10% of thiamin, 10% of phosphorus, and 8% of iron. It is also rich in potassium and has 5 grams of protein, 8% of the adult daily requirement. Wait, There's more. One serving provides about 25% of your daily fiber needs - a critical area in which the American diet is usually deficient. Moreover, studies have found that broccoli is one of the vegetables that may protect against certain forms of cancer. All this and only 45 calories.

Here's what's cookin' Broccoli Salad

Serves 6-8

Recipe from the kitchen of Edie Kirkpatrick



1 stalk of broccoli (chopped bite-size) 4 c. or more

½# bacon (cooked and crumbled)

1 red onion (chopped bite-size)

1 c. sunflower seeds, ½ c. dark raisins

Mix above ingredients together.

Salad Dressing

1 c. mayonnaise (for fewer calories use "lite")

¼ c. sugar or less, 2 T Vinegar

Combine dressing ingredients. Combine dressing with salad

ingredients and mix well. Note: This salad can be made a day ahead.

LEGISLATIVE UPDATE - Gordon Bowers, Legislative Chairman

Although 50 legislators sponsored WSRTA COLA BILLS, unfortunately, neither HB 1810 or SB 6333 ever got out of committee.

The SNO-KING RTA members, at the February 18 meeting unanimously renewed their resolution calling on the WSRTA BOARD to seek additional legal opinions - going beyond the 1987 report of attorney Wayne Williams, which was based primarily on rulings and opinions of the Washington State Attorney General. Many attorneys consider these opinions biased in favor of the State, and that the judicial climate has changed in the past few years, and legal recourse has been sought to correct inequities and unfairness - "Comparable Worth" is an example where legal action brought pressure on the legislature.

It would seem that WSRTA owes to its members an in-depth study of legal ramifications in its quest to have a uniform policy for all Washington State retirement systems. Plan 1 teachers are the only ones to have never had an automatic COLA.

SNO-KING MEMBERS ALSO COMPLETED A WSRTA REQUEST FOR A GRASS-ROOTS LIST OF CONCERNS for the 1989-90 Legislative Committee and Executive Board. By far the most urgent concern was the COLA, followed by TAX REFORM, LONG TERM CARE, HEALTH INSURANCE SUPPLEMENT, AND HEALTH INSURANCE COST CONTAINMENT.

SNO-KING MEMBERS also recommended that WSRTA legislative activities by more closely affiliated with NRTA/AARP and PERS.



NEWS ABOUT OUR MEMBERS

Member Al Christensen has been in Seattle doing his thing for Seattle U. He expressed his appreciation for our newsletter which reaches him in his Arizona Winter home and in Seattle in summer.

Connie Hayden and husband, Webster, are on a three week trip to California.

By the time you read this Marion Bellows will have returned from a week's vacation in Louisiana (3 days on the Mississippi Queen and 4 days in New Orleans.)

Katherine Kneft and husband spent three weeks visiting her sister in Lake Havasu City, Arizona and their nephew in southern California.

Mary Lou Porter will be visiting Mexico City, the Maya and Aztec areas, winding up at Quintana Roo and Cancun.

Betty Puckett, Community Service Chairman, informs us that there will be no Spring "55 Alive" but keep in mind that September will be our next class. If you have had a 2 year time lapse since you had the class - think of a re-take. Call Betty Puckett, 522-8921 if you have an interest in the Fall class.

Phyllis Fiege will be traveling South to Scottsdale, Arizona for the last 3 weeks in March.

A P.S. to the Christensen story - Evie can't give up teaching - she teaches swimming, aerobics and similar goodies for senior citizens and juniors, etc.

Pat Svendsen wants to remind you that you might be interested in attending the March 15 Pre-retirement seminar when Richard Ek explains new policies in Custodial Care. The Seminars are held from 7 to 9 p.m. at Edmonds Senior High Cafeteria.



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Sno-King Retired
Teachers' Assn.
P.O. Box 5253
Lynnwood, WA
98046-5253

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