

SNO-KING SCHOOL RETIREES

NEWS

March 1998

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PRESIDENT'S MESSAGE

Our president, Dave Johnson is on a wonderful excursion to Africa and our President-Elect, Dan Denton is in Hawaii - so in their absence we will send all our members good wishes from them and the hope that there will be a good turn-out for our March meeting when Betty Odle's twin brother, Bill Holm will present a program on NW Coast Indian Art.

MARCH 19 MEETING WILL FEATURE NORTHWEST COAST INDIAN ART

Bill Holm, Curator emeritus of NW Coast Indian art at the Burke Museum, will show slides and speak on "The Many Traditions of NW Coast Indian Art". Some of you may remember attending an exhibit at the Burke Museum in the spring of 1992 (INDIANS OF THE PLAINS, PLATEAU, AND NORTHEAST COAST: PAINTINGS BY BILL HOLM). Bill is a noted authority on Northwest Coast Indian Art and has written a number of books on that subject and continues to lecture in the US, Canada and Europe after his retirement from the University.

The meeting will be held at the Edmonds School District Board Room, 20420-68th AVE W, Lynnwood at 1:30 p.m. We hope that you will invite your friends for what should be a very interesting program.

LEGISLATIVE UPDATE as of February 19, 1998 - Jack Rogers, Chair, 206-367-7153

In this short legislative session, legislation information is changing on a daily or hourly basis. Please call the WSRTA Legislative hotline to stay up to date on the latest changes. (1-800-221-1269)

Gains-Sharing Proposal (Substitute House Bill 2491) This is the top priority measure of the WSRTA for this session. Currently the bill has passed the House Appropriations Committee with a "Do Pass Substitute" recommendation and been sent on to the Rules Committee for scheduling onto the floor of the House. The bill still contains an increase in the COLA and the "pop-up" provision.

Tuesday, February 17 was the cut off date for bills to be voted out of their house of origin. In other words, if a bill is to survive and have a chance of passing, it had to be voted on by either the house or senate and sent on to the other legislative body by the 17th. As of Thursday, February 19, the leadership of the house was holding the bill in Rules, pending a report on revenue forecasts to be delivered Thursday afternoon. WSRTA in Olympia is still confident the bill will be voted out of committee and move on this session. However, along the way, there is always the chance that the legislation may be amended further.

Calls specifically to House Members on the Rules Committee encouraging them to vote the bill out to the floor are encouraged. Rules members are listed on the WSRTA Legislative hotline - 1-800-221-1269. Calls to your legislators can be made on the Legislative Hot Line 1-800-562-6000. You can make a difference! 1. Call WSRTA Legislative hotline to find out what to say, 2. check to see if one of your legislators is on the Rules Committee and call to leave a message for that person on the Legislative Hot Line, and 3. Call all of your legislators and urge them to vote for SHB 2491 when it comes up for a vote.

COMING EVENTS

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| March 12 | 1-3 PM | Board Meeting at AARP Washington State Office |
| March 19 | 1:30 PM | Bill Holm, Curator emeritus of NW Coast Indian art at the Burke Museum, author, lecturer and artist will speak on "The Many Traditions of NW Coast Indian Art". The meeting will be in Edmonds SD Board Room. |
| April 9 | 1-3 PM | Board Meeting at AARP Washington State Office |
| April 16 | NOON | Scholarship Luncheon - Edmonds Unitarian Church - Program: "Ruze Dalmatinke" - Croatian and Bosnian Musicians and Dancers. |



TRAVEL IDEAS AND TIPS

Terri Malinowski

*Our globe-trotting president and his spouse, *Dave and Marlene Johnson*, will be back soon after 28 days on safari. The Johnsons flew to Nairobi Feb. 9 for their safari to Mt. Kenya. They boarded a Princess liner at Mombasa and cruised to some of those places we used to roll off our tongues while teaching social studies—Madagascar, Zanzibar and Capetown, South Africa. Leaving the ship at Capetown, the Johnsons journeyed to see the famous Victoria Falls, then on another safari to Hwange National Park before flying home via Vancouver, B.C.

The Johnsons recommend Connie Swanson Travel, who arranged this safari and other trips for them. The agency is located in Bellevue's Overlake area, on the second floor of the Sears Roebuck building, 2200 148th Ave NE

*If you've ever thought about a motor trip to Alaska, check with *Dick and Barbara Sacksteder*, the consummate travelers. The Sacksteders made their trip in August and early September to ensure optimal weather in northern British Columbia and Alaska.

Their journey included incredible mountain and forest vistas, sparkling rivers and fields of ginseng in Canada. They joined hundreds of other people in picking mushrooms at Hyder, Alaska, which shares a street in common with Stewart, British Columbia, where the two countries adjoin. The tiny communities are on the coastline and easily reached from the Cassiar Highway. A bonus is the colorful Bear Glacier of blue ice viewed from the entry road to Hyder and Stewart.

*Several readers wanted more information about the Educators Bed and Breakfast Network, mentioned in last month's bulletin. The organization can be reached at (800-377-0301) or be writing to them at P.O. Box 5279, Eugene, OR 97405

The organization is a private travel network of over 3,500 educators in 42 countries. For a \$36 annual membership fee, you can stay in educators' homes for \$29 per night for two people. You can choose to be a host yourself, too, and several people in our three Sno-King school districts are registered as hosts.

For contributions or questions, call Terri Malinowski, 425-483-8344 or email her at terrim@accessone.com

MEMBERSHIP EXPANSION COMMITTEE - Don Denton (425-672-6746) Chair

We often have difficulty obtaining the names of people who are retiring each year. Will you help? If you or someone you know is planning to retire this year, please let me know. You can call at any hour to give the name and school district. My voice mail will take the message if I'm not around. Thanks!

If you know a retiree or active school employee who should be a member and isn't (see if their name is in our directory), call me and I will send them an application. The more members we have, the more we can influence the legislature.

MEMBER SERVICE COMMITTEE - Barbara Berg, Chair - 425-483-2671, e-mail is bmberg@aol.com

ANOTHER MINI TRIP

To: Washington State Museum & Lunch.

Where: to Tacoma

When: Wednesday, March 11th, 9 AM from Northgate Mall

How: by carpool and Barb's directions

Who: Anyone who is interested and not working at a "real" job.

Please call Barb (425-483-2671) to get your name added to the list for the mini-trip.

Retiring In The Next Few Years? See me for consultations, rollovers, and long term care insurance. Not retiring for awhile, let me help you accumulate enough money so that you can! Don Denton (425) 672-6746.

Acceptance of this advertising does not imply Sno-King School Retirees endorsement of this product or program

NEW MEMBERS

Aetzel, George B* 18813-129th AVE NE	425-486-3416 Bothell	WA	98011
Anderson, Richard K* 2418-37th Ave SW	206-937-6414 Seattle	WA	98126
Church, Ronald D* 23715-45th Ave SE	425-481-7210 Bothell	WA	98021
Clawson, Christine J* 11736-7th Ave NE	206-364-2492 Seattle	WA	98125
Couture, Cynthia C* 17015 NE 129th Ct	425-867-8950 Redmond	WA	98052
Davis, Carol S* 6036-37th Ave NE	206-527-0623 Seattle	WA	98115
Eacker, Robert W* 13628-116th Ave NE	425-821-5879 Kirkland	WA	98034
Ellestad, Bruce A* 17523 NE 136th St	425-881-1650 Redmond	WA	98052
Ewers, Virginia D* 23202-51st Ave W	425-774-1397 Mt.Lk. Terrace	WA	98043
Fortier, Sharon M* 15316 Old Redmond Rd	425-883-3636 Redmond	WA	98052
Haynes, Allen L* 6160 NE 187th Pl	425-486-5123 Seattle	WA	98155
Henning, Lisa 2022 NW 196th PL	Shoreline	WA	98177
Martin, Susan E* 12966 NE 149th St	425-487-1721 Woodinville	WA	98072
Oshiro, Vernon S* 3051 NE 205th St	206-367-0393 Seattle	WA	98155
Partridge, Joan R* 9526-111th Ave NE	425-827-0495 Kirkland	WA	98033
Robinson, Bryant E 6014-183rd ST SW	Lynnwood	WA	98037
Sanchez, Jon O* 1415 Pine Ave	360-568-6081 Snohomish	WA	98290
Schaaf, Rodney L* 19220-4th DR SE	425-774-0621 Bothell	WA	98012
Schuller, Donna L 2506 - 51st ST SW	Everett	WA	98203
Simmons, Jeanie* 1906-5th St	425-889-9707 Kirkland	WA	98033
Snyder, William G* 4732-46th Ave NE	206-522-2530 Seattle	WA	98105
Soma, Alice L* 8710-56th PL W	425-355-3592 Mukilteo	WA	98275
Williamson, Sherm M* 24319-7th Ave SE	425-483-2969 Bothell	WA	98021
Zacharda, Judy H* 13507-184th Ave NE	425-881-2295 Woodinville	WA	98072

RIDGECREST CELEBRATES 50 YEARS OF LEARNING WITH 60 FOOT TILE MURAL

Shoreline's Ridgecrest Elementary School is celebrating it's Golden Anniversary with a 60 foot tile mural being painted by the students of Ridgecrest. Individual name tiles will surround the mural. You can purchase name tiles and become part of Ridgecrest History. The cost for one tile with one line of printing (up to 16 letter characters) is \$25. Tiles may be purchased with additional lines. Call the school office at (206) 361-4272 if you would like to participate or for more information.

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

EXERCISE MAY OUTWEIGH YOUR INHERITED GENES - A new study from the University of Helsinki tracked 16,000 healthy men and women, all twins, for 19 years. Dr. Urho Kujala reported their findings to the American Medical Association, Jan. '98, and summed up the results: Even if you have bad genes, physical activity can help you live much longer. The study of twins, each on a different exercise program, but with the same genes, show that even taking a brisk half hour walk only six times a month cut the risk of premature death by 44%. This is the first study to separate the influences of heredity and exercise on longevity.

"This study was unique because it was able to separate mortality due to genetics versus mortality due to fitness" said cooperating physiologist Steve Farrell, Associate Director of Cooper Institute for Aerobics Research in Dallas, Texas.

However, most cardiologists urge at least daily exercise of 20 to 30 minutes for their patients. If good for them, should be better for you - walk, dance, swim, but not TV!

MORE ON LIVING LONGER - Healthy babies, born today will likely live a full century, and their children may live to be 120 and beyond, due to improved medical treatments such as the discovery at the University of Texas Southwestern Medical Center - of a gene activated enzyme that rejuvenates cells by causing them to replicate long after their viability normally fades - according to Dr. Lydia Bronte, Director of the Aging Society Project for the Carnegie Corp. Human body cells seem to be programmed for a 50 year life span, do not replace themselves thereafter, so this is a breakthrough!

The much longer life expectancy is attributed to better treatment for pneumonia, heart and liver diseases, less smoking, and increased importance of exercise and nutrition. Dr. Max Rothman of Florida International University Center on aging has suggestions on what these future citizens can do in all those extra years. He lists - continue working, continue education, and a massive increase in community volunteering. How about a 120 year old driver for your neighborhood space van? How about president, senator?

STUDY SHOWS MEN'S BRAINS SHRINK FASTER THAN WOMEN'S - Human brains reach full size in adolescence and begin to shrink after age 20 and the rate of shrinking is far more pronounced in men than in women, according to a Feb. '98 report in the Archives of Neurology by Dr. C. Edward Coffee. He cautions that there is no evidence that brain size alone determines a person's ability to function.

Other researchers have noticed many different rates of brain shrinkage once people reach age 60 - nobody knows why.

NEW HEART VALVE - Made of pig tissue, was approved by the FDA after trials in 21 medical centers in the U.S. CANADA, & EUROPE. Dr. Albert H. Krause, a cardiovascular and thoracic surgeon at Portland NW Surgical Association was the first in the world to implant the "Medtronic Freestyle Device" in 1992. He taught other doctors around the world how to implant the pig valves, which are in steady, plentiful supply, do not require metal or plastic frames to hold in place, and do not require patients to use blood thinners as mechanical valves do. Great benefit!

NEW DRUG FOR ALZHEIMER'S - Risperidone is useful in controlling aggression and delusion that can cause patients to attack caregivers, loved ones and nursing home workers. Most drugs merely sedate the patient, but risperidone seems to restore a cheerful personality, according to Dr. Ira Katz of Janssen Pharmaceutica. Hopefully, the drug may help patients stay out of nursing homes, and enable family caregivers to care for them at home and at day care centers.

FOLIC ACID, B-6 MAY PROTECT HEART - Harvard Univ. researchers found that those who consumed at least 400 micrograms of folic acid and 3 milligrams of vitamin B-6 daily, cut heart risk 50%!!!

ROSTER CORRECTIONS AND CHANGES OF ADDRESS

Change of Address

Patricia Amundson - 8180 E Shea Blvd, Unit 1034, Scottsdale, AZ 85260-6570
 Stephanie Cady - 19332-81st PL W, Edmonds, WA 98026-6222
 Clemewell M Case - 1220 Nakomis #133, Alexandria MN 56308
 Dwight Coil - 4525-164th ST SW APT C101, Lynnwood, WA 98037-8604
 Yvonne Hieber - 17817 Grand ST SE, Monroe, WA 98272-1729
 Sam Logozzo - 21806-34th AVE W, Brier, WA 98036-4200
 Donna Montzheimer - P O Box 10375, Spokane, WA 99209-0375
 Sarah Ann Newman - 706-228th SW #203, Bothell, WA 98021-9776, 425-481-8242
 Kristine Sharpe - 829 Dayton ST, Edmonds, WA 98020-3337
 Ruby Smith, 42014 Sand Dune DR, Palm Desert, CA 92211-7670

Change of City name

Edith Kirkpatrick - Stanwood to Camano Island, WA 98292-8331
 Arthur R Nicholas - Stanwood to Camano Island, WA 98292
 Barbara Martin -Seattle to Lake Forest Park

Corrections

Trudy Ellyn Scott

Stan Wiklund's phone # should be 425-778-4459

Alyce Wiggins' phone # should be 425-776-7301

Marilyn Beem is retired.

News deadline for April Bulletin is March 19, 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.