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# **SNO-KING SCHOOL RETIREES**

# **NEWS**

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**MARCH 1999**

**President: Don Denton, 425-787-7881 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: 1-800-221-1269**

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## **PRESIDENT'S MESSAGE**

*As I gain a better understanding of our new COLA beginning at age 66 and of the effects of our historic "gains sharing" legislation, I have come to appreciate them much more. Why is it so potentially wonderful? The power of compounding!*

*Those who were 66 when the plan began only received \$.59 times years of service, about \$17.70 per month for 30 year retirees. The next year, another \$18.30 was added to that. The year after that, \$18.90 was added. Then, because of the gains sharing, the next addition was \$22.20. The bottom line is that in a five year period, COLA eligible retirees increased their pensions by over \$100 per month. In ten years, even with no more gains sharing, monthly pensions for these "over 66ers" will have increased by over \$250.*

*No, I'm in no hurry to be 66, but when I get there the additions will start at over \$30 per month and compound from there. We should all be sending a big "Thank You" to our WSRTA Legislative Committee, officers, lobbyists, and legislators.*

*For those under 65, please note that one of our current legislative goals is to lower the COLA starting age. For more information, read your WSRTA Journal and call the legislative information line recorded message (1-800-221-1269) for updates.*

*Don Denton*

## TUESDAY, MARCH 16 - JOINT MEETING WITH OVERLAKE RTA ON WHIDBEY ISLAND

We will have a luncheon-meeting at the Penn Cove Cafe in Coupeville and return later that afternoon. Some may want to stop in the quaint town of Langley before boarding the ferry for a return trip.

It sounds like they are planning an outstanding program. We will listen to the stories of ancient Scandinavia as related by the traveling skald from the British Isles, *James the Obscure (James Hodgeson)*.

We will plan to catch the 11:00 a.m. ferry at Mukilteo and meet at the Penn Cove Cafe in Coupeville at noon. Lunch is \$10. We will want to car-pool, so call President Don Denton, 425-787-7881. to let him know you are coming so pooling can be arranged.

This sounds like a great outing - you will want to invite some of your fellow retirees who might not yet be members to come along with you.

Notice that the meeting will be on the third TUESDAY, not Thursday!

### COMING EVENTS

- |                   |         |   |
|-------------------|---------|---|
| March 11          | 1:00 PM | Board Meeting at Northgate Washington State AARP Office, 9750-3rd Ave NE #102, Seattle  |
| March 16 (Tues)   | Noon    | Joint meeting with Overlake Unit at Penn Cove Cafe, Coupeville, Whidbey Island. We will plan to take the 11 a.m. ferry - more information in the March newsletter. Sounds like fun - plan to attend. We will carpool. |
| March 15-21, 1999 |         | RETIRED TEACHERS APPRECIATION WEEK  |
| April 8           | 1:00 PM | Board Meeting at Northgate Washington State AARP Office, 9750-3rd Ave NE, #102, Seattle   |
| April 15          | NOON    | Scholarship Luncheon, Edmonds Unitarian Church - Senior Swingers-Song & Dance of 20s, 30s, and 40s. Election of Officers.   |

**MEMBERSHIP EXPANSION COMMITTEE - Don Denton, Chair, 425-787-7881**

For those who call with membership questions or who send me forms, please note that I am changing my phone number and address. Previously, I used my office in Edmonds for school retiree business. I now have a "home office" for all my activities.

My new anytime phone number is 425-787-7881 or toll free 1-877-462-0409. My address is as printed in our yellow directory, 3809-170th St SW, Lynnwood, WA 98037.

We are down to our final five Northshore schools to visit. If you work at Cottage Lake, East Ridge, Fernwood, Maywood Hills, or Timbercrest Jr., please ask your principal to give us an opportunity to share some retirement issues and information with your staff.

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

We are very sorry to report the death of our member Marion Bellows, on February 3, 1999. Marion served as our president 1986-88 and as president of the WSRT Foundation 1993-94 after serving on the Board for four years. Marion was a wonderful addition to our Unit - serving with joy and humor. We will miss her as will her many friends in the Edmonds School District. Her service was held in the Evergreen-Washelli Chapel on February 9. It was just the kind of service that Marion would have wanted. Her family has suggested memorials to Sno-King School Retirees Scholarship Fund, P.O. Box 33962, Seattle, WA 98133-0962, or to the WSRT Foundation, 910-B Lakeridge Way SW, Olympia, WA 98502-6036. Our thoughts and prayers are with her daughter, Lorraine Fitz and her family, and her son Greg and his family.

Our member Marvel DeSordi passed away on February 7. Marvel and her sister Kamilla Aarseth taught in the Shoreline District. They have been active members of our unit for many years and for a long time were our Hospitality Committee. Marvel's services were held on February 12th at the First Lutheran Church of Richmond Beach. Memorials may be given to the church or to Sno-King School Retirees Scholarship Fund, P.O. Box 33962, Seattle, WA 98133-0962. Our deepest sympathy to Kamilla and the rest of her family.

Ruth Westerhuis has moved to the Hearthside, 18625-60th Ave W, Lynnwood, 98036. We will let you know her phone # when she gets it. In the meantime we are sure she would appreciate having cards.

We received word that Jim McHeffey's wife Helen passed away in February. Our heartfelt sympathy goes out to Jim.

We hope that Joan Brown has recovered from her flu and cold and is feeling better.

Please keep well, people - but let us know if you're not so we can bring you some sunshine!

**LEGISLATIVE COMMITTEE, Jack Rogers, Chair, 206-367-7153**

**BILLS, BILLS, BILLS!**

There are several issues important to retired teachers before the Legislature. Words of encouragement to our legislature, particularly those on Senate Ways & Means and the House Appropriations Committees are encouraged at this time. Here are some of the issues:

Increase in the state subsidy for medicare-eligible retiree premiums

SB 5180 now in Senate Ways & Means

HB 1186 now in House Appropriations

Pension System Governance - Cathy Wolfe's bill - creates a Pension Oversight Board

HB 1771 now in House Appropriations

Annualizing Gain Sharing - provides for an annual distribution of extra-ordinary gains on pension fund investments.

HB 1639 now in House Appropriations

SB 5715 now in Senate Ways & Means

PEBB "2nd chance" Open Window - Provides an enrollment window for all pre-9/30/93 retirees currently locked out of the PEBB health coverage program to enroll in the group plan.

HB2024-House Appropriations

SB 5807-Senate Health & Long-Term Care Committee

Use the Legislative Message line and leave a note for our legislators to support these bills.

**1-800-562-600**

Some key members:

Senate Ways & Means: Loveland, Chair (D-16), Fairley (D-32), Long (R-44), Kohl (D-36), Bauer (D-49)

House Appropriations: Huff, Co-chair (R-26), H. Sommers, Co-Chair (D-36) Schmidt (R-44), Kagi (D-32), Kenny (D-46), McIntire (D-46), Ruderman (D-45)

**TRAVEL IDEAS AND TIPS**

Terri Malinowski

After a dreary period of western Washington weather, many of us have a desire to be somewhere else, anywhere else, as long as the sun is shining there. Or maybe we'd like to see some different scenery for a week or two at another time of the year.

One way to accomplish this economically is to scan the travel pages, internet specials or watch the airline ads in the newspapers...you know, the ads where United, Northwest or Southwest will fly you for \$99 or \$199 round trip to a list of cities around the country.

Pick a city you've never seen, and build a trip outward from that city by renting a car and visiting interesting places in an adjacent state or two. So what if the cheapest fare takes you to St. Louis, for example? That's okay...you'll love the car rental set-up downstairs at Lambert International Airport because it's all on the premises. And the pick-up or drop-off of passengers is not the virtual demolition derby that Sea-Tac employs. There are angled drive-in slots beside the airport doors; once you pick up or drop off spouse and bags, you drive through the parking slot and head out.

From St. Louis last fall, we drove east through Illinois and explored historic southern Indiana along the Ohio River. For instance, Evansville has the best collection of restored historic homes short of Charleston. and the chamber of commerce office on the riverfront offers wonderful walking maps. After sampling Indiana amid fall colors, we crossed the river to Kentucky. We found pleasure in the Bluegrass country around Louisville and Lexington. We meandered around 19th-century towns like Elizabethtown, Hodgenville (Lincoln's childhood home), and Georgetown, winding up with a four of the technological marvel that is America's Toyota Camry/Siena factory.

Returning through western Kentucky, we crossed the Mississippi River and drove up the Missouri Side, sampling the charm of riverfront towns like Cape Girardeau and Ste. Genevieve. Scheduling a couple days in St. Louis before flying home, we browsed museums and historic neighborhoods.

Time elapsed: 9 days. Cost for two: \$1,180 for airfare, car rental, motels and food. Obviously, we don't stay in Marriotts or Sheratons. Since we're there only to sleep, we like the neighborhood inns, which always furnish hot coffee and often continental breakfast. Or we pick up muffins and rolls at the local bakery, and fruit and juice at the store for breakfast. We enjoy sampling regional cuisine for lunch or dinner (ask at the local motel, store or gas station for their favorite meals around, as well as other attractions). You meet so many interesting people that way.

We have followed this routine for about 10 years, previously tagging on such a trip to an already-scheduled conference or professional workshop I attended on behalf of my school district. By paying spousal airfare and adding an extra week as vacation time, we've seen a lot of the country.

From a conference in Atlanta, we explored Georgia and northern Florida. From a San Antonio conference, we sampled east Texas, Natchez and lower Louisiana. Prior to a San Diego workshop, we poked around southern Arizona and New Mexico. A special conference in Toronto allowed us to visit Montreal, Quebec, Niagara Falls and upstate New York, following the St. Lawrence River.

Prior to embarking on a trip like this, call the 800 number for the tourism bureau of the states where you are heading or consult internet locations. They'll furnish free travel guides and lists of attractions, accommodations and restaurants in most cases. And when scheduling airline tickets, car rentals and motel stays, don't forget to mention your senior discount or other discounts. It reduces the cost by 10% to 20%.

(If you have questions, information or a contribution for this column, call Terri Malinowski, 425-483-8344 or email her at [terrim@accessone.com](mailto:terrim@accessone.com)

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★  
★ RETIREMENT PLANNING - Phyllis Enger, Chair - 425-486-1127 ★  
★

★ Another successful season of pre-retirement planning has been completed. The busy ★  
★ committee of Katie Sherwood, Phyllis Enger and Wes and Wanda Grande all breathe a sigh of ★  
★ relief. The expressions of appreciation from those attending make the effort and time expended ★  
★ worthwhile. Plans for changes in the format, scheduling and location for next year are under ★  
★ consideration. ★

★ Once again, the committee thanks all the retired teachers who so willingly helped with the ★  
★ registration, and with the preparation of the goodies for coffee at break time. When the ★  
★ expenditures have been covered, the remaining money from the seminar fee will be given to the the ★  
★ scholarship fund and to the "Mini Grants" for active teachers. ★

★\*\*\*\*\*★

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

**AGING - LIVING ALONE IS CALLED "INDEPENDENT LIVING"** - independence is the cornerstone of the American experience. But sadly, many older citizens are unable to maintain their independence - homes may no longer meet their needs. Stairs, yard work, transportation, meals and other daily living chores can be difficult.

To help on this problem, AARP has designated May 1 to 8, 1999 as INDEPENDENT LIVING WEEK. Conferences on same will be announced in March and April, and times and places will be included in this column. Most of us know someone who is in need of information or help that is available to assist them living at home.

Often, neighbors can give some help as: phone the elderly one regularly to be sure she or he is OK - pick up prescriptions, take someone to the grocery store, help organize paperwork, make minor home repairs (even changing a light bulb); drop by once a week for a visit, run an errand, etc.

**"CAN YOU AFFORD TO GROW OLD?"** is a troubling question for each of us. The twin monsters of poverty and ill health are not a cheery thought. Widows particularly face this frightening dilemma. Even assisted living in a group home costs \$25-36 thousand, with nursing homes from \$40,000 to \$60,000 per year. There are many services in the community that can help maintain your independence, even if you can't take care of yourself. Contact your local agency on aging for information, for King County call 1-800-972-9990 or 206-448-3110, for Snohomish County call 1-800-422-2024 or 425-513-1900, or call the Dept. of Social Services 1-800-422-3263.

Also, courtesy of AARP, brochures "STAYING IN CHARGE" & "HOME SAFE HOME" - dozens of tips to help maintain independence - these will be available free at each SNO-KING RTA meeting, and AARP has a complete library on the subject.

My 90 year old sister-in-law could write a book on how she manages living alone, healthy, alert, shops, calls to chat at least once a week. Her biggest worry is being fast enough to dodge speeding cars on Canyon Road to get to her mailbox (Tacoma).

**EATING FOODS WITH LOTS OF FIBER - DOES IT HELP TO PROTECT FROM COLON CANCER?** Not so according to an on going study of 88,000 women in a 16 year research project at Harvard University. Women who consumed 25 grams of fiber daily had the same risk of colon and rectal cancer as those in the study who had only 10 grams daily. But Dr. Michael Thun, head of research at the American Cancer Society, says his organization will not change their guidelines, because people who eat more fruits and vegetables suffer fewer cases of cancer of the mouth, throat, larynx, esophagus, stomach and lungs. Colon cancer is less common now because of early screening and removal of pre-cancerous lesions.

**LATEST ON ULTRAFAST BRAIN SCANS & DRUGS TO TREAT STROKES** - A new technology, souped-up Magnetic Resonance Imaging (MRI), CAN ALMOST INSTANTLY show which brain tissue is already beyond saving, which parts are still alive. Until two years ago, there was little purpose in pin-pointing the precise location of a stroke, because there was nothing doctors could do about it. But now, clot dissolving medicine - TPA can reverse a stroke, if given within 3 hours. At this same American Heart Association conference (Feb.'99) researchers from Cleveland Clinic Foundation presented test results of a drug "proukinase" that works like TPA, but can be administered up to 6 hours after symptoms of stroke occur, acts faster than TPA because it is injected by catheter that is threaded through an artery directly to the site of the clot in the brain.

Unfortunately, treatment of this type may be available only in the largest medical centers. However, even the smallest clinics can give a surprisingly low-tech treatment - aspirin and beta blockers which reduce the heart's work load. A Yale-New Haven hospital study tracked 149,177 Medicare patients hospitalized for heart attacks (New England Journal of Medicine, Jan. '99), and reported that the aspirin and beta blocker treatments were nearly as successful as the most high tech treatments and were simple and cheap!

**PLEASE READ "SIX WORST HEALTH MISTAKES WOMEN MAKE"** Reader's Digest, March '99, p. 157-60. The six are: 1. Underestimating heart disease which kills more than all cancers combined. Women's cardiovascular problems are harder to diagnose. 2. Putting off pap smears - recommended yearly. 3. Neglecting breast exams - women over 65 are the least likely to have the exam, but are the most likely to develop breast cancer. 4. Not knowing family history - data on same can help doctors determine which tests may be needed and when. 5. Ignoring calcium - one in two women over age 50 will suffer osteoporotic fractures, including spinal break that cause "dowager's hump". 6. Skipping exercise - 30 minutes of physical activity most days of the week lowers the risk of a slew of diseases. **PLEASE READ THE ENTIRE ARTICLE, YOU WILL FIND IT VERY INFORMATIVE!**

**NEW ARTHRITIS DRUG - "Celebrex"** costs around \$2.50 a day, relieves pain about as well as aspirin, but is less likely to cause stomach problems, according to Monsanto company doctors.

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. I will give you printed LTC proposals from 4 major companies. Shop & compare! Don Denton (425) 787-7881 or Toll Free 1-877-462-0409.

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



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

We had a good turnout for our first lunch before the monthly Sno-King meeting. Perhaps this activity will be repeated again.

We carry in our wallets personal ID including names of relatives or close friends to contact in case of emergencies. However, how many of us carry a card listing all prescription drugs and over the counter medications taken regularly? This information is needed whenever one checks into a hospital's emergency room. An information card can save valuable time when diagnosing your condition. Also when traveling in your car keep a HEALTH INFORMATION CARD in the glove compartment or above the visor. This is especially needed when traveling alone.

The next noontime (1 p.m.) musical presentation at Benaroya Hall will be in April. Call to find out which Friday.

**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 in advance 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 instructor at class time.

Spring dates are: March 10-11, April 7-8, May 19-20, June 9-10 and July 14-15. Classes are held 9:00 AM to 1:00 PM at Anderson Center, 700 Main St., Edmonds, WA. If the above dates are not feasible, call Bob Jones, 425-787-2727 for other places and dates in the area.

**"PIC" IS COMING! (PROJECT IN COMMUNITY) "PIC" THE BEACH & "PICNIC"**

**SAVE May 27, 10 AM for our Community Service Project this year. We will be to Edmonds Beach for a clean-up and then do a picnic and get better acquainted. Sounds like fun! Save the date and join us.**

**LET BOB KNOW IF YOU ARE DOING A COMMUNITY SERVICE, i.e. VOLUNTEERING IN SCHOOLS, HOSPITALS, TRANSPORTATION, FOOD BANK, ETC. Call him at 425-787-2727.**

**NEW MEMBERS - ADD TO 1998-99 ROSTER**

\*Aitik, Darleen M 19004 Sunnyside Ave N  
 \*Baldwin, Carolyn 19918-8th Ave SE  
 \*Barth, Tara K 11214 NE 92nd ST  
 \*Bonifaci, Judith M 16624 NE 162nd CT  
 \*Butz, John E, Jr. 8106-80th DR NE  
 \*Carpenter, Susan J 18113-159th AVE NE  
 \*Charonhas, Kathe J 11820 NE 158th ST  
 \*Eidbo, Melinda L 901-4th ST  
 Hassenstab, Lani F 9327-215th ST SW  
 \*Hoffman, Donna 8820-224th ST SW  
 \*Horst, Cynthia M 15225-117th PL NE  
 \*Iwafuchi, June H 15610-92nd CT NE  
 \*LaMont, Frederick P 20110-170th AVE NE  
 \*Melton, Judy H 13502 NE 190th PL  
 \*Mimier, Karolyn K 23209-45th AVE SE  
 \*Moore, Joanne E 6827 NE 204th ST  
 \*Ottosen, Janet I 8910 NE 195th ST  
 \*Pumputis, Mary T 10525-164th AVE NE  
 \*Reeves, Karel S 1012-5th AVE W  
 \*Roberts, Patricia M 1709 NE 120th ST  
 \*Torcaso, Laurie E 2413 N 41st ST  
 \*Truax, Barbara J 19701 S Bing RD  
 \*Whalen, Arlene M 21403-73rd DR SE

Shoreline WA 98133 206-368-0351  
 Bothell WA 98012 425-483-7033  
 Kirkland WA 98033 425-576-8207  
 Woodinville WA 98072 425-481-2034  
 Marysville WA 98270 360-659-1525  
 Woodinville WA 98072 425-483-8133  
 Bothell WA 98011 425-486-4583  
 Mukilteo WA 98275 425-355-8209  
 Edmonds WA 98020 425-776-1933  
 Edmonds WA 98026 425-778-6548  
 Bothell WA 98011 425-806-5444  
 Bothell WA 98011 425-402-1055  
 Woodinville WA 98072  
 Woodinville WA 98072 425-483-0725  
 Bothell WA 98021 425-481-7024  
 Kenmore WA 98028 425-486-6175  
 Bothell WA 98011 425-483-9067  
 Redmond WA 98052 425-869-8548  
 Seattle WA 98119 206-285-2236  
 Seattle WA 98125 206-365-6876  
 Seattle WA 98103 206-545-1811  
 Lynnwood WA 98036 425-672-6963  
 Woodinville WA 98072 425-481-4784

**CHANGES OF ADDRESS OR CORRECTIONS**

Baumrucker, Rosalie 803 W Armour  
 Bioemeke, Linda A\* 5132 Eim ST  
 Bogle, Donna\* P O Box 75631  
 Boushey, Andrea M 5811-150th ST SE  
 Breysse, Peter V\* 11430-31st DR SE  
 Bryan, Mary M 385 NE 163rd ST  
 Cain, Donald E 330 E Eckert RD  
 Cantrell, Linda\* 18423-61st PL NE  
 Clark, Katrina\* 506 Randolph AVE  
 Coil Dwight 4525-164th ST SW,# C101  
 Constan, Carolyn T\* 6721-2nd AVE NW  
 Corrington, Lorraine 19216 Kenlake PL NE  
 Davidson, Thomas 2563 Hillis DR  
 Duggan, Tamia K\* P O Box 77773  
 Eddy Patricia 400 Webber RD G-1-2  
 Gary, Jackie & Ben 15716-62nd PL NE  
 Guthrie, Karen\* 4709-160th ST SW  
 Hedrick, Catherine 2036 NE 135th PL

Seattle WA 98119 206-284-1401  
 Everett WA 98203  
 Seattle WA 98125  
 Everett WA 98208 425-337-2524  
 Everett WA 98208  
 Seattle WA 98155  
 Grapeview WA 98546  
 Kenmore WA 98028 425-486-5644  
 Seattle WA 98122  
 Lynnwood WA 98037  
 Seattle WA 98117  
 Kenmore WA 98028 425-485-7937  
 Langley WA 98260 206-321-2285  
 Seattle WA 98177  
 Spartanburg SC 29307  
 Kenmore WA 98028 425-488-7086  
 Lynnwood WA 98037  
 Seattle WA 98125

(Additional address changes will be in April newsletter.)

**NEWS OF OUR MEMBERS**

Rosalie Baumrucker, after substituting is now teaching full time at Seattle Hebrew Academy and is enjoying it very much.

Joanne Denton, Don's wife was honored February 18 at a Lynnwood Rotary luncheon at the Nile Country Club as their "Volunteer of the Year". Joanne volunteers twice a week at Scriber High School (Edmonds Alternative High School). She decorates all the display cases with seasonal designs as well as crafts and activities for the students. Congratulations, Joanne!

The following is a proclamation by Governor Gary Locke re: Retired Teachers Appreciation Week.

*The State of Washington*  
**Proclamation**

*WHEREAS*, the Washington State Retired Teachers Association (WSRTA) recognizes educators who have retired from active teaching, administration or a specialized field of the teaching profession; and

*WHEREAS*, the WSRTA educates and assists retirees in meeting the special challenges they face after retiring, and improving their general welfare; and

*WHEREAS*, the WSRTA aids in advancing education by supporting high standards of education, and thereby strengthens the status of the teaching profession; and

*WHEREAS*, the WSRTA promotes group and individual involvement in charitable projects and activities, sponsors scholarships and maintains interest and participates in educational and community activities; and

*WHEREAS*, the WSRTA supports and encourages retired educators to remain active in the education profession through volunteer activities associated with education;

*NOW, THEREFORE*, I, Gary Locke, Governor of the State of Washington, do hereby proclaim March 15 through March 21, 1999 as

*Retired Teachers Appreciation Week*

in the state of Washington, and I urge all citizens to join me in this observance.

Signed this 8th day of February, 1999

(Seal)

/s/ Gary Locke

News deadline for MARCH Bulletin is FEBRUARY 18, 1999. 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 Don Denton, 425-787-7881 or Editor Betty Odle, 206-525-8276. Again, many thanks to those who come to the Washington State AARP Office each month to fold 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.