

Sno-King School Retirees



May 2002

The SKSR Bulletin

A message from our president

May: Miracles, Meals and Moments

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

You're saying, "What is that title all about?" Well, I'll tell you. The *miracles* I am referring to are the May flowers which come after the rains of April. Can one deny the roaring colors of the rhododendrons, the piercing perimeters of primroses, the changing of bulbs and rock hard seeds to the soft glorious colors of plants and flowers, and the turning of large stick-like things into an array of multi-textured green trees? New life is surely a miracle, whether it's human, animal or plant. There just has to have been a master plan behind it all.

When I think of *meals*, I am referring to the many times we get together for a breakfast or luncheon meeting. One of the most gracious luncheons of the year is our annual get-together with the Sno-Isle unit. You can find information on that luncheon on page 3. Be sure to read about it and send in your reservation. We'll have some guest speakers, and a musical group from Archbishop Thomas Murphy School will entertain us. I am sure the talking will be short and the music more extensive.

The *moments* I am referring to are centered around our website. I am so proud of Sno-King's website. Do you know that we have the best in the state? Thanks to Jack Rogers starting it and this year's update, we are the leading unit in this area. In fact so much so, that at the convention in Pasco this year, the company that hosts us will have a booth there with a working copy of our site for demonstrations. Disregarding that there are only two other units who have sites (that we know of) and the state which has a site, we are by far out in front of them all, showing the way to the future. Using the websites, especially for actives and recent retirees, is becoming second nature to us all.

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
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Ruth Woodward, Member Services
Don Denton, Membership
Wes Grande, Retirement Planning
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Marilyn Alaniz/Marlene 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

YOU'LL FIND INSIDE

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Honoring a lifetime of commitment

by Ellie Bonanno

Winnifred (Winnie) Smith was given an honorary life membership at our April meeting. She retired from the Edmonds School District in 1975 and joined the local retirement organization. At that time it was Sno-Isle Teachers' Retirement Association that met in Everett.



That group became quite large and, according to Winnie, the Edmonds group "was thrown out." They joined together with Northshore and Shoreline and became Sno-King. Winnie was a charter member of that group. She helped with our first convention, was head of the phone committee for years, made cookies, served as hostess and made nametags.

Winnie continues to be a loyal and faithful member of Sno-King. Her attendance at meetings is almost 100%, and she still helps with folding and labeling at our *Bulletin* mailing parties. Ask her about her first job where she made \$60 for a whole year of work.

Her hobbies include knitting, embroidery, needlepoint, her collection of Hummels, and she's an avid Mariner fan. We are proud to have her as our honorary member.



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MARK YOUR DATEBOOK

Coming Events for Sno-King School Retirees

May 16 Joint Meeting with Sno-Isle
 Everett Golf and Country Club
 11:30 AM start!

June 20 General Meeting
 Edmonds Educational Service Center
 Bronn Journey

July 18 Picnic
 Edmonds City Park

Welcome new retirees

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

April 11
May 9

June 13

Our May 16 meeting

Eating lunch with our nieghbors

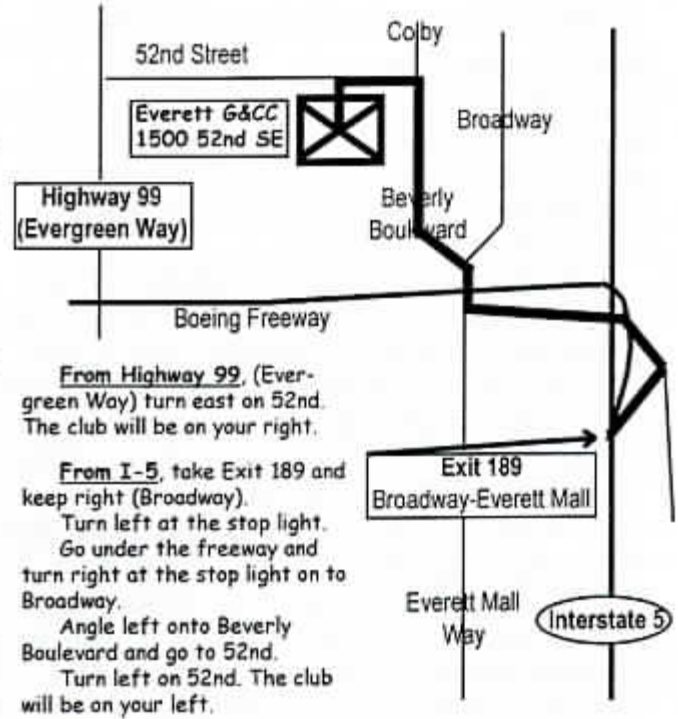
from Bob Jones, president

It's always a great pleasure to have our annual joint luncheon with the Sno-Isle School Retirees. This year's event will be at 11:30 AM on May 16th at the Everett Golf and Country Club (1500 52nd SE). We need to get the money (\$15.00) and reservations in to Dave Johnson by May 7th. Be sure to complete the form below.

I hope many of us plan (and remember) to come. We will be hearing Bob Slingland, 2002-2003 WSSRA president; Joyce Williams, a candidate for WSSRA president-elect 2002-2003; Barbara Landrock, our new NW-1 rep and Harriet Smith, Skagit/Island/San Juan RTA, the new NW-1 president.

We will also be entertained by a musical group from Archbishop Thomas Murphy High School.

Where to go for lunch



LUNCHEON RESERVATION (Required)

\$15.00 per person

(must be paid in advance with reservation)

Name: _____

Number of people attending with you: _____

RESERVATION DEADLINE

Tuesday, May 7, 2002

MAKE CHECKS PAYABLE TO SKSR

SEND PAYMENT TO

Dave Johnson

814 Sixth Avenue South

Edmonds, Washington 98020

Attention State Convention Delegates

When you receive your registration information for the convention from WSSRA, fill it out and send it to **DAVE JOHNSON** (814 Sixth Avenue South, Edmonds 98020).

Do NOT return it to WSSRA.

Dave will return all the SKSR delegate registrations together, along with a check to cover the cost.

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**

May 1-2

June 5-6

Health tips for you

Stay fit for the future—in body, pension and healthcare

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

How to live longer, better

The Mayo Clinic staff wants you to know that they conducted a study of 6,859 people who did not have any vascular disease, and over a 10-year period those who had high blood pressure were the most likely to develop cardiovascular disease.

In the study groups, people's blood pressure was used to classify the subjects into three categories: high normal, normal and optimal. Over the study, women with high normal (130-139/85-89) blood pressure were 2.5 times more likely to develop cardiovascular disease than those in the optimal range group (below 120/80).

The lessons are clear—high normal blood pressure may increase your risk of cardiovascular disease. Mayo doctors say that for those in the high normal range, steps should be taken to lower blood pressure: lose weight if necessary, maintain an exercise program stay on a diet of health foods—fruits, vegetables and low calorie dairy foods. Have your blood pressure checked at least once a year. It was interesting that men were only 1.5 times as likely to develop cardiovascular disease compared with women's 2.5 times. Source—*Mayo Clinic Health Letter*, April 2002, P. 4; on record, *New England Journal of Medicine*, November 1, 2001.

How the Legislature affects your health

Probably the most significant legislative gain for public sector retirees is the Public Employees' Benefit Board. The medical benefits have improved health care for retirees, subsidized by the state. These benefits can result in more dollar pension improvements than any other legislative action in recent years.

The South Snohomish County Chapter #775 of AARP invites you to meet and talk with 21st District Senator Paull Shin and Representatives Mike Cooper and Brian Sullivan at the South County Senior Center,

220 Railroad Avenue, Edmonds, May 10, 2002, at 1:00 PM. Have questions ready on what progress was made by the 2002 Washington legislative session—issues of prescription drugs, education, transportation, energy—though we all recognize the extremely severe budget crises that faced our legislators. This is a chance to thank them for their continuing support of retirees' concerns. Information—Chapter #775 Update, April 2002.



Help for needy seniors

If you know of any needy elderly person who could use up to \$135 a month more for food, tell him or her how to qualify: only those who receive Social Security or SSI payments from the Social Security Administra-



tion can participate. John Atherton, who oversees economic services for the Washington State Department of Social and Health Services, says that about 30,000 more can qualify. Participants are given a Quest card, which works like a bank debit card to purchase groceries (NO stigma). For more information on this and other free food for the needy, call Sharon Salyer (Everett *Herald* writer) at 425-389-3486. Source—*Herald* article, Salyer, April 1, 2002, P. B1

Follow-up, angioplasty stents

These are tiny wire coils that hold the artery open after a balloon pushes the clogged artery wall out to normal size. In the new treatment, the stent is coated with medicines that give a slow release of drugs that keep cells from growing and blocking the artery again. Follow-up studies have found this procedure to be 100 percent effective in tests so far. Eight different companies will have stents on the market in 2003. Source—Associated Press, *Herald*, March 18, 2002.

Stress test anyone?

Treadmill stress tests begin with a three-minute normal fast walk; the next three minutes are going somewhat faster pace and slightly uphill. When the third three-minute period kicks in, you must decide whether to trot or run as it goes faster and steeper until you are exhausted. Now for the good part—researchers at the Veteran Affairs Care System (Stanford University) say a high score on the test is a powerful predictor of how long a person will live. The message: those fittest will live longer and do better, based on the study

see HEALTH on page 7

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Traveling with Terri

Tuscany—the heart of Italy

by Terri Malinowski, travel chair, 425-483-8344—terrim@accessone.com

As travelers begin to venture beyond our country's borders to visit other lands again, a popular destination is the Tuscany region of Italy. The area has something for everyone—for wine aficionados, for lovers of rustic Italian cuisine and for those who seek incomparable landscapes.

Interested? Then consider a trip recently completed by one of our fellow educators, a Renton School District retiree who lives in Kirkland. She and her husband flew British Air to London, changing there to a flight for Rome. The "open-jaws" tickets they used allowed them to depart for home two weeks later from Milan when they finished. This gave them the option of meandering through the Tuscan hill country, looping along the Cinque Terra coastline and ending up in Milan without backtracking to their original airport.

The Smiths researched their destinations via internet before their March departure and roughly sketched an itinerary which included stays at palazzos, wine estates and a castello. They sampled world-famous wines, visited vineyards, enjoyed rustic and gourmet Italian foods and trod the hiking paths of the Cinque Terra, far above the Mediterranean.

The travels began when they picked their rental car at Leonardo de Vinci Airport outside of Rome. Following the coastal freeway, Autostrada 12, northward along the Italian coast, they turned inland at Fonteblanda toward Grosseto on Strada 1. Signposts led them to their overnight destination of Montalcino, a Tuscan hill town world-famous for its Brunello wines. The countryside around it is devoted to vineyards and olive groves. The local shops abound in other products of the area: mushrooms, white truffles, cheese, honey, sausages and hams.

The Smiths stayed at Palazzina Cesira, a lovely 13th-century residence in the historic center of town. Their host in Montalcino was Robert Berti, who told them he once worked as a restaurant consultant for Rosellini's 410 in Seattle and was quite familiar with Kirkland! Their double room with a balcony cost about \$77, including all taxes, fees and a delicious breakfast (no credit cards). Visit cesira@montalcinoitaly.com.

The walled town with its 5,100 people once was part of the ancient Siena Empire. Within the walls is a 14th-century fort which now hosts an enoteca, or wine-tasting shop, where local wines can be purchased. The Brunello di Montalcino wine is made from a clone of the Sangiovese grape called brunello, or literally, "the

little dark one." The wine has one of the longest aging requirements of all Italian wines—four years.

Another local wine, Rosso di Montalcino, uses the same grape but requires only one year of aging, making it lighter, less intense and much less expensive than the Brunello, the Smiths found. Another purchase to bring home is the olive oils specific to the area. Two of their favorite restaurants in Montalcino are Taverna Grappo Blu in the center of town and La Portal near the fort, both reasonably priced and offering excellent examples of Tuscan fare—white beans, veal, rabbit and wild boar or cinghiale (chin-ghawl-ley). For pasta, they discovered a fat spaghetti called pinci (pin-chee).

In addition to the wines, food and landscapes, Montalcino has an excellent museum with late Gothic-early Renaissance art, while the nearby town of Pienza offers good examples of Renaissance architecture. Also nearby is Montepulciano, whose wines are a favorite here in the Northwest and less expensive than Brunello.

The couple then moved northward to the town of Castellina en Chianti, midway between Siena and

see ITALY on page 7



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Our membership chair speaks

Help recruit now!

by Don Denton, 425-787-7881—
dondenton@jps.net

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 recruited!

Please ask retiring colleagues if they are members and, if not, ask them to join. Then call or email me and I will send them a membership form. OR, print a "retiree" form from our website (www.sksr.org) and mail it to our PO box. Even if someone won't give you a commitment, please send me their name and address so I can contact them 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 their 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!

And a big THANK YOU to those who have already asked non-member friends to join.

Nearly 50% of us will eventually need help with caring for ourselves. If you are over 45 and healthy, you can purchase the security of knowing that you will have quality care whenever needed.

For no-hassle, comparative quotes from 4 major long-term care insurance companies, contact

Don Denton at 425-787-7881 or dondenton@jps.net

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SKSR BULLETIN BOARD

THE NEW PAC

WSSRA has made a positive step forward in our efforts to bring about pension reform. Individuals from our organization have established a Political Action Committee (PAC). By law, it must be an independent organization made up of individuals who have a common goal in mind. It in no way is under the control of WSSRA. Previous legal battles involving the WEA and NEA have proven that the new WSSR-PAC must be an entirely independent organization and not receive any support from our dues as an organization.

But a PAC is a good idea. It enables those of us willing to support it to finally have some clout with elected officials. We can now take a step beyond the tea and cookies socials and begin to have a real effect on elected legislators. The PAC will enable us to endorse or not endorse candidates for public office, to financially support candidates who are in agreement with our positions and to take a stand on important political issues. All it will need is our collective agreement that it is a good idea and a financial contribution. You will hear more about this, I am sure, at the next state assembly. I encourage you to read and listen carefully in the months to come, and, hopefully, support this very worthwhile effort.

submitted by legislative chair Jack Rogers

MINI-TRIP — THURSDAY, MAY 29TH

The East King Country group has invited Sno-King's members to join them for a docent-led tour of beautiful Bloedel Reserve on Bainbridge Island at 10:30 a.m. The group will be taking the ferry to the island about 9:30 a.m. I need to have a count of people going by May 20 in order to tell Jean Myre. Please call me at 425-483-2671.

submitted by Barbara Berg, member services chair

Congratulations to our 2002 Scholarship Winners:

by Keith Lindaas, scholarship co-chair

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

Rachel Corwin—Bothell High School

Bobby Hinnenkamp—Lynnwood High School

Cynthia Raetzloff—Meadowdale High School

Kristi Riggan—Shorewood High School

Rachel plans on attending WWU and pursuing a degree in education, working at either elementary or junior high. She has been active in her Key Club, National Honor Society and International Club.

Bobby plans on attending CWU and becoming a high school physical education and health teacher. He has been on the varsity basketball team, National Honor Society and Link crew.

Cynthia plans on attending WWU and becoming an elementary teacher. She has been active in band, honor society and tutoring outside of school.

Kristi plans on attending Shoreline CC and then WWU or the UW and obtaining a masters in education. She has been involved with gymnastics and childcare at school and has volunteered with PAWS.

We were pleased to greet these outstanding recipients at our luncheon on April 18th.

HEALTH from page 4



of 6,200 over many years. The test had nothing to do with endurance, just top exercise capacity. Oddly, the moral of the story is that walking briskly one-half hour a day will greatly increase your chances of success on the treadmill test. Source—Associated Press article, Janet McConaughy, April 7, 2002.

Good news on Alzheimer's

Medicare will now pay for some therapy treatment. Studies show that such patients can benefit from treatment, and the disease can now be diagnosed in its early stages when treatment is most beneficial.

The change in policy was quietly made last December, according to Tom Scully, administrator of the Federal Centers of Medicare and Medicaid Services. Source—*Washington Post*, April 6, 2002.

U.S Congress and prescription drug costs

One of our members, Rachel Lake, received a reply from Congressman Jay Inslee. His summary of the problems: too many seniors must choose whether to fill the prescriptions or their grocery carts. Skyrocketing costs continue; relying on insurance companies and HMOs will not work. Valiant efforts were made, but no bills passed to limit costs. Efforts will continue to get better reimbursement for Medicare and Medicaid providers. Congressman Inslee can be reached through his local office at 425-640-0233.

ITALY from page 5

Florence, where their "home" was an ancient wine estate called Poggio al Sorbo (www.poggioalsorbo.it). Located in classic Chianti wine country, the estate is surrounded by acres of vineyards and even contains an outdoor swimming pool for the guests. Their favorite restaurant find in the central Tuscany area is La Toppa in the nearby village of San Donato en Poggio. Family-owned for 35 years, it offers delicious, authentic fare.

The couple took a day trip to the nearby abbey/winery of Badia di Coltibuono, which is the name of the winery as well as the wine it produces. At the abbey entrance is an osteria (casual eatery), but in the abbey is a gourmet restaurant operated by Lorenza de Medici, a descendant of the famous Italian family, who also offers her highly respected cooking classes. The Smiths splurged on a gourmet lunch (45 euros for both, about \$40) which offered an appetizer, entree and one glass of wine. Part of the ambience is the gorgeous view of the Tuscan hills, abbey tours and wine tastings (www.coltibuono.com).



SKSR awards grants

by Rita Requa, grants chair

SKSR awarded grants of \$200 each to three teachers this spring. A synopsis of each project follows.

Alice Rundle, library media specialist, North City Elementary, Shoreline School District

Reading Choice Books

The grant will purchase reading choice books. This project is intended to inspire, encourage and motivate readers to read books chosen by Northwest professionals and to vote on the "best" one yearly.

This list includes the Washington Choice Picture Book Award (grades 1-3), and the Young Reader's Choice Award (grades 4-8).

Peggy Roberts, third grade teacher, Frank Love Elementary, Northshore School District

Math and Reading Activities/Games.

These will be used to help increase the students' skills in the various areas and also be sent home to help encourage and promote some enjoyable time for the family to be together.

Board games and card games will emphasize the skills students need. They will be available for check-out to students for a week.

Cindy Bruce, fourth grade teacher, Lake Forest Park Elementary, Shoreline School District

Autobiographical Photo Essays

Autobiographical photo essays will be the project for Cindy's class for the Young Authors Conference. This fulfills many of the required tasks to be introduced in fourth grade as outlined in the new reading series.

Grant money will purchase portable cameras for all of the children. They will take pictures of family, pets, friends, home, etc., to include in their autobiographies.

The photo album they will produce will include a page of writing for each photo used. However, the finished product should have a lasting place in the family and no doubt shared for years to come.

Other day trips are the touristed town of San Gimignano with its many towers, and the ancient abbey of San Antimo, locale of the famous Gregorian chants.

In driving around the countryside, the Smiths discovered an interesting procedure in purchasing petrol for their auto. "To buy gas after hours when the station is not staffed, put money into a machine at the pumps," Jackie Smith explains. "If you don't have the exact change needed, just save the receipt that is dispensed. The next morning, go back when the station opens and get your change by showing the receipt."

see ITALY on page 8



Sno-King School Retirees
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Seattle WA 98133-0962

**PRESORT
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ADDRESS SERVICE REQUESTED



**Join us for lunch
 on May 16**
(See page 3)

HELP US WITH INFORMATION TO PUT IN THE BULLETIN

The deadline for the next newsletter is 8:00 AM, **Sunday, May 12.**

Send news and other materials to

Jo or Bruce Caldwell, PO Box 1117, Edmonds WA 98020, sksr@wmea.org, 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.

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

To help with mailing our next **Bulletin** on **Tuesday, May 28**, call **Betty Odle** (206-525-8276),

Ellie Bonnano (425-778-0751) or **Ruthann Warren** (206-367-0742).



Members on the move

Change of Address

- P 9 **Cumming, Katherine B**—28333 Valley Blvd #1045, Sun City, CA 92586-2407
- P 18 **Jablinske, Glenda A**—23130 9th Pl W, Bothell 98021-7309
- P 19 **Jenkins, Christy**—275 Comet Bay Rd, Oak Harbor 98277 (360) 675-1686
- P 25 **Martin, Susan**—13421 32nd Pl W, #A, Lynnwood 98037-1752
- P 28 **Nelson, May I**—16161 Midvale Ave N, Seattle 98133-5724
- P 31 **Plummer, Alan**—14625 53rd Ave SE, Everett 98208-8958
- P 35 **Scharbach, Janice A**—245 SE 125th Dr, South Beach, OR 97366
- P 42 **Warren, Gordon L**—PO Box 562, Deer Park, WA 99006 509-276-7012, gjwarren645@yahoo.com
- P 43 **Williamson, Sharon J**—1900 132nd Ave SE, Apt 23, Bellevue 98005-3965

New Members

- P 33 **Reigers, Ray A**—815 124th St SW, Sp 157, Everett 98204, 425-353-6078
- P 34 **Ross, Marie**—1415 84th St SE, Sp 3, Everett 98208-2122, 425-353-3813

Deceased

- P 27 **Miles, John P**—February 4, 2002 (Edmonds District)

ITALY from page 7



The Smiths finished their Italian visit by exploring the Cinque Terra (five lands) after researching the area at www.5terre.com. The website provides locations of the five Mediterranean towns, map, walking paths, hotels, restaurants, etc. It's possible to hike the 12-kilometer distance between the cliffside villages, ride a boat between several of them, or take the local train along the cliff. For a six-hour period on any given day, a get-on, get-off train pass costs 1.10 euros. The couple's favorite town was Monterosso al Mare, while they found Vernazza "a lot of fun" and Manarola "so-so."