



MAY 1987

BULLETIN

PRESIDENT'S MESSAGE

It doesn't seem like a year since our Unit was going full tilt getting ready to host the State Convention. But another year has rolled by, and I am happy to announce our 1987-1988 officers who were elected at our April luncheon. The new officers are Marion Bellows--President, Jim Becker--President-elect, Cheryl Bickford--Secretary, and Gordon Roberts--Treasurer. These officers will be installed at our June meeting.

This year's Convention will be June 8-10 at the Red Lion Motor Inn in Pasco. At the last meeting we elected these delegates: Ken Angell, Helen Beaver, Jim Becker, Marion Bellows, Gordon Bowers, Betty Odle, and Pat Svendsen with Al Meinert as our alternate.

Our May meeting is the joint luncheon with Sno-Isle on Thursday, May 21 at the Mill Creek Country Club. The price is \$8 (the same as it was in 1984--someone is holding the line on inflation) WSRTA President Orville Widman will be the speaker and the Neo-Phonics vocal group from Woodway High School will entertain us. A reservation form is elsewhere in this Bulletin--please respond by May 15 and come enjoy a delicious luncheon in delightful surroundings. Bring a friend.

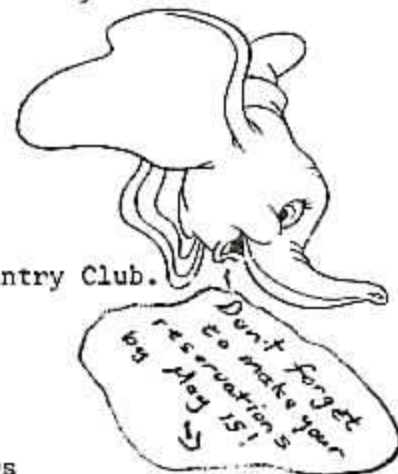
For those of you who pay your dues by check, remember that the 1987-88 dues should be paid within the next two months. Why not simplify your life and sign up for the automatic dues deduction?

See you at the Mill Creek Country Club

Marion Bellows

CALENDAR OF EVENTS

- May 13 - 1:30 p.m. Board meeting at Mary Lou Porter's
- ** May 21 - 12:30 p.m. Joint luncheon with Sno-Isle at Mill Creek Country Club.
- June 8 - 10 WSRTA Convention in Pasco
- June 11 - 1:30 p.m. Board meeting at Marion Bellows'
- June 18 - 1:30 p.m. Meeting in Board Room - installation of officers



SNO-KING - SNO-ISLE RTA LUNCHEON MAY 21 MILL CREEK COUNTRY CLUB

(Reservations close May 15)

Please reserve() places at the luncheon at \$8.00 each.

Enclosed is my check for \$ Luncheon begins at 12:30 p.m.

Signed (Include names covered by this reserv.)

Mail to: Sno-King RTA, P. O. Box 5253, Lynnwood, WA 98046 5253

DIRECTIONS TO MILL CREEK COUNTRY CLUB

From I-5 take exit #183 which puts you on 164th SW. Go east on 164th approximately 2 $\frac{1}{4}$ miles (along Mill Creek Shopping area and on up the hill angling to the left) to VILLAGE GREEN DRIVE where you will turn left onto Village Green Drive. Take the third left onto COUNTRY CLUB DRIVE. The Country Club is the first turn in on the right.

Reservations must be made with treasurer by May 15, accompanied by a check. (Reservation form is on Page 1) Cancellations also must be received prior to that date.

We really enjoyed our luncheon held there in 1984 and are looking forward to seeing many of our members at the luncheon. We want to be sure that we have more of our members there to welcome our guests for the day - the members of Sno-Isle RTA. This is a good time to bring some of your retired teacher friends who are not members, or call some of our members that have not been out for awhile and bring them with you.

If you would like to come to the luncheon and do not have a ride, call President, Marion Bellows, 782-3046, or Betty Odle, 525-8276 and we will try to find transportation for you.

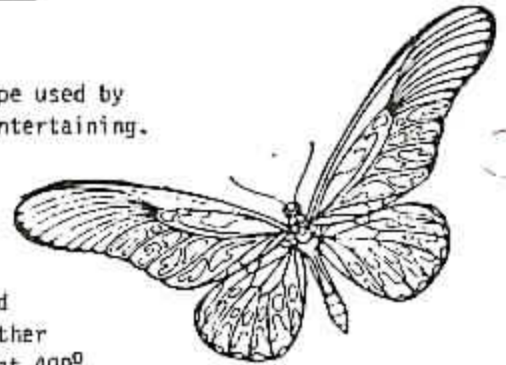
HEALTHFUL RECIPE FROM OUR HEALTH CARE COMMITTEE

HALIBUT IN TARRAGON

This recipe is a healthful adaptation of a recipe used by a famous Hawaiian restaurant. It is wonderful for entertaining.

- 1 $\frac{1}{2}$ pounds halibut cheeks or steaks
- $\frac{1}{2}$ cup low-fat yogurt
- 1 Tbsp. mayonnaise
- 1 tsp. tarragon
- $\frac{3}{4}$ cup part-skim mozzarella cheese, grated

Place halibut in 8" x 8" baking pan. Mix all other ingredients together and spread over halibut. Bake at 400° for 15 minutes, or until fish flakes when tested with a fork. Serve with steamed carrots and cold pasta salad. Serves 6 (This recipe supplies, per serving: 240 calories, 75 mg. cholesterol, 8.5 grams of fat, and 260 mg. of sodium.)



HEALTH TIP FROM OUR HEALTH CARE COMMITTEE

DECAFFEINATED COFFEE (Excerpts from Harvard Medical School Health Letter - October 1986)

Caffeine can be removed from coffee beans with any of several extracting fluids currently in use: methylene chloride, ethyl acetate, water, or natural coffee oils. Whatever process is used, the solvent should, in theory, be removed from the coffee along with the caffeine, but some residual levels are bound to remain.

In the U.S. methylene chloride is used by General Foods, the marketer of Maxwell House, Sanka, Brim and Yuban. The Nestle' Company, which markets Taster's Choice, Maragor Gold, and Nescafe', uses a Swiss-patented water process and natural oils. The Procter and Gamble Company (Folger's, High Point), uses ethyl acetate, a chemical usually considered to have a relatively low potential for toxicity. (However, little information is available on ethyl acetate's long-term health effects, including cancer.) A number of premium-priced coffees sold in gourmet stores are decaffeinated with a Swiss water process.

WASHINGTON STATE RETIRED TEACHERS ASSOCIATION

Local Unit No. 23, Sno-King RTA

NAME _____ PHONE _____

ADDRESS (Summer) _____

ADDRESS (Winter) _____

RETIREMENT NUMBER _____ SOCIAL SECURITY NO. _____ LEGISLATIVE DISTRICT _____

I authorize the Washington Teachers Retirement System to deduct the following dues from my monthly retirement allowance and to pay such deduction to the Washington State Retired Teachers Association,

I agree to keep this deduction in force for the full membership year (July 1 through June 30). Should I wish to cancel ensuing deductions I will send a written notification of cancellation to WSRTA prior to May 1 to be effective July 1.

DUES DEDUCTION PLAN: (check) State (84¢) _____ Local (50¢) _____ Total _____ per month

I prefer to pay yearly: (check) State Dues (\$10) _____ Local Dues (\$6) _____

ASSOCIATE DUES (For spouses and working educators) Local (\$2) _____

DATE _____ SIGNATURE _____

(Mail this form to Sno-King RTA, P. O. Box 5253, Lynnwood, WA 98046-5253)

CHANGES OF ADDRESS

Bird, Helen I	20819 - 88th Pl. W	Edmonds	98020	776-3368
Davis, Kenneth M.	23908 Willow Circle	Bothell	98011	486-0410
Goldstein, Norm	7474 Chico Way NW	Bremerton	98312-1038	692-9843
Gulley, Mary Beth	18620 - 52nd Ave. N.#124	Lynnwood	98037	774-5739
Jackson, Frances S	8720 Pinney Ave. N.#11	Seattle	98103	364-2583
Moore, Jordan	1151 5th Ave. S.	Edmonds	98020	771-5960
Pepin, B. J.	21500 - 72nd W.#113	Edmonds	98020	

NEW MEMBERS

Bakken, John O.	21611 Sunglow Dr. Sun City West AZ	85375		
Beech, Doris	2629-136th SE	Bothell	98012	742-8832
*Catey, John	8202 Sierra Dr.	Edmonds	98020	776-5447
*Elstip, Ken	7426 198th SW	Lynnwood	98036	776-1601
Fuhrman, Norma	20005 Poplar Way	Lynnwood	98036	776-3235
*Fyatt, Andrew W.	8727 184th SW	Edmonds	98020	776-5297
*Hartley, Gordon E	6520 160th SW	Edmonds	98020	
Hoxter, Phillip	817 NE 194th St	Seattle	98155	364-1643
*Johnson, C. Betty	15858 35th NE	Seattle	98155	363-0495
Johnson, Myrtle F.	6720 E. Greenlake Way N.#429	Seattle	98103	525-9666
*Kruger, Norma	5220 176th St. SW #10	Lynnwood	98036	743-4707
Loriel, Latham	19823 15th NW	Seattle	98177	542-4357
McMillan, Eugene T	1124 Olympic Ave	Edmonds	98020	
*Mayhle, Norma	7103 226th Pl. SW	Mountlake Terrace	98043	776-4708
*Peterson, Dave	5621 178th Pl SW	Lynnwood	98037	743-3559
Reid, John P.	6532 170th Pl SW	Edmonds	98020	743-0447
*Rowe, Margaret	812-6th S	Edmonds	98020	774-0955
Rowe, Warren R.	812-6th S	Edmonds	98020	774-0955
*Schlieman, Dennis	4505 182nd Pl SW	Lynnwood	98037	776-5482
*Squire, Larry	924 Olympic Ave.	Edmonds	98020	778-7805
Steberl, Earl	8506 Bowdoin Way	Edmonds	98020	778-6269
*Sterland, Ron	8430 225th Pl SW	Edmonds	98020	776-1140
Strong, Dale J.	1015 12th Ave. N.	Edmonds	98020	
*White, Dan	22916 72nd Pl W	Mountlake Terrace	98043	776-5251
*Wood, Eugene	12020 Scentic Dr.	Edmonds	98020	743-5717
Wrightsen, Patricia	8919 NE 192nd Pl	Bothell	98011	

*Associate Member



NEWS ABOUT OUR MEMBERS

We were happy to have our new Scholarship winner, Amy Strother from Shorewood High in the Shoreline School District, and her mother, with us at the scholarship luncheon.

It was good, too, to see Phyllis Fiege again after her recovery from cataract surgery - she's enjoying seeing a whole new world.

President Marion reported that the WSRTA Executive Board voted to use TRIP Funds to hire legal advisors about the feasibility of suing the State regarding COLAs. We will have a report at the State Convention.

Included in the newsletter are address changes and new members that should be added to your blue roster. I lost track of which new members I sent rosters - if you did not receive one, please call me: Betty Odle, 525-8276.

(NEWS AND REPORTS FOR THE JUNE BULLETIN TO BETTY ODLE, 2137 N. 86th, Seattle 98103, 525-8276, by May 22, 1987.)

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

<p>BULK MAIL U.S. POSTAGE PAID Lynnwood, WA PERMIT #277</p>
