

SNO-KING RETIRED TEACHERS ASSOCIATION

BULLETIN

MAY 1988

PRESIDENT'S MESSAGE

What a delightful time we 60 folks had at the Scholarship Luncheon on April 21. It was a pleasure to meet our three scholarship winners and their parents. We wish Alice Scroggins, Milinda Hoffman, and Rob Porter the very best in their college careers. The following officers were elected for the 1988-89 year: Jim Becker, president; John Hunter, president-elect; Edie Kirkpatrick, secretary; and Gordon Roberts, treasurer. They will be installed by Eloise Stendal at our June meeting. Dr. Walter Barnum received an award from AARP for his volunteer work at North City Elementary and the Museum of History and Industry. The musical program by Dave Eddy and his singing cohort, Pat, brought back memories of the early days of Channel 9. We certainly enjoyed singing some old favorites.

We hope you are planning to attend the luncheon with Sno-Isle Unit at Nendal's Inn in Everett on May 17. Pre-paid reservations close on May 7, but we may be able to squeeze you in after that date. Give me a call at 782-3046.

Our delegates to the June 6 - 8 WSRTA Convention at the Red Lion Inn at the Quay in Vancouver, WA, are: Ken Angell, Jim Becker, Marion Bellows, Gordon Bowers, Genieve Kimm, Edie Kirkpatrick, and Ruthanne Warren with John Logan and Betty Puckett as alternates.

July 1 will be here before we know it. Those of you who like to pay their dues by check should do so by that date. Remember that the State dues are now \$24 with our local dues staying at \$6.

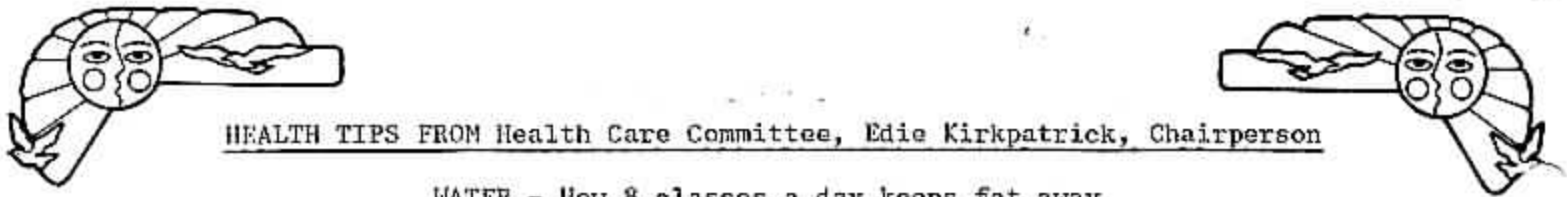
See you in Everett on May 17.

Marion Bellows

CALENDAR OF EVENTS

- May 17 - Tuesday noon luncheon with Sno-Isle at Nendal's Motor Inn at 2800 Pacific, Everett. \$7.40
- May 11 - 1:30 p.m. Board meeting at Marion Bellows'
- June 6 - 8 State WSRTA Convention in Vancouver
- June 9 - 1:30 p.m. Board meeting at Cheryl Bickford's
- June 16 - 1:30 p.m. Board Room - Installation of new officers by Eloise Stendal, new WSRTA President.
- July 13 - 1:30 p.m. Board meeting at Winnie Smith and Betty Morton's
- July 21 - Picnic at the Svendsens' - probably 4 p.m.





HEALTH TIPS FROM Health Care Committee, Edie Kirkpatrick, Chairperson

WATER - How 8 glasses a day keeps fat away

Incredible as it may seem, water is quite possibly the single most important catalyst in losing weight and keeping it off. Water may be the only true "magic Potion" for permanent weight loss. Water suppresses the appetite naturally and helps the body metabolize stored fat. The body will not function properly without enough water and can't metabolize stored fat efficiently. Retained water shows up as excess weight. The best way to overcome the problem of water retention is to give your body what it needs - plenty of water. Then stored water will be released.

The overweight person needs more water than the thin one. Larger people have larger metabolic loads. Since it is known that water is the key to fat metabolism it follows that the overweight person needs more water.

Water helps to maintain musculature, helps prevent sagging skin that often follows weight loss - shrinking cells are buoyed by water, which plumps the skin and leaves it clear, healthy, and resilient.

Water helps rid the body of waste. During weight loss, the body has a lot more waste to get rid of - all that metabolized fat must be shed.

Water can help relieve constipation. When the body gets too little water, it siphons what it needs from internal sources. The colon is one primary source. Result? Constipation. When a person drinks enough water, normal bowel function usually returns.

When the body gets the water it needs to function optimally, its fluids are perfectly balanced natural thirst returns, and a loss of hunger occurs almost overnight.

Suggested Schedule to utilize water most efficiently during weight loss

Morning: 1 quart consumed over a 30 minute period

Noon: 1 quart consumed over a 30 minute period

Evening: 1 quart consumed between five and six o'clock

by: Donald S. Robertson, M.D., M.Sc.

"If you actually look like your passport photo, you aren't well enough to travel"

Sir Vivian Fuchs

COMMUNITY SERVICE ANNOUNCEMENT

Volunteer tutors are needed to work with Literacy Council of Seattle and Columbia Lutheran Home to provide English as a Second Language Training for nurse aides who work at the home. If you are interested in this challenging opportunity, please contact Mary Swenson Keyte at 632-7400.

SNO-ISLE - SNO-KING LUNCHEON, MAY 17, NENDELS MOTOR INN, EVERETT

(Reservations close May 6)

Please reserve () places at the luncheon at \$7.40 each.

Enclosed is my check for \$ _____

Luncheon begins at 12 Noon

Signed _____

(Include names covered by this reservation)

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

LEGISLATIVE REPORT - NATIONAL, STATE AND LOCAL - Gordon Bowers, Legislative Chairman

Highlights from AARP WASHINGTON REPORT "Administration Budget would cut Medicare, housing, energy - breaks agreement, AARP says. The proposed budget for fiscal 1989 submitted by President Reagan on Feb. 18 breaks the budget summit agreement reached last year by Congress and the White House because it includes substantial new cuts in Medicare, according to AARP. The budget calls for an additional \$1.2 billion in Medicare cuts, over and above the \$5.5 billion in Medicare reductions for fiscal 1988 and 1989 already included in last year's agreement. This proposal violates the spirit and content of the compromise agreement," said AARP Executive Director Horace Deets.

"Congressional action on a comprehensive long-term care policy will be an important legislative priority for AARP in 1989 and beyond, when a new president takes over."

At the State level - WSRTA President Jessie Schroeder, and President Elect Eloise Stendall have met with representatives of Retired Public Employees, Washington Education Association to explore ways of working together - to work toward promoting a reasonable and equitable state tax system, to work toward creating components for common legislation for a COLA that we can all support. Also discussed was the possibility of law suits proposed by several groups to bring equity to retirees in all the systems.

Regarding legal implications, the latest WSRTA Journal has an article on page six COLA BACKGROUND TOLD - explains some of the legal problems dating back to former Governor Dan Evans and his attempts to block legislation that would benefit retired teachers. Many in the legal profession believe that retired teachers should pursue pension equity through the courts. Some WSRTA members have hired attorneys to research this area. One member, Gordon W. Johnson, address - W. 1804, 5 Mile Road, Spokane, WA, 99208 has two attorneys working on research, has paid them himself, as WSRTA has deferred any further legal research. Mr. Johnson would appreciate any financial help he can get, and would welcome any contribution of \$1 up, and promises to keep contributors fully informed of what results.

AT THE LOCAL LEVEL - REPRESENTATIVE KATIE ALLEN, 21ST DISTRICT WILL NOT BE A CANDIDATE AGAIN BECAUSE OF HEALTH PROBLEMS. WE WILL LOSE ONE OF THE BEST SUPPORTERS OF RETIREES, AS WELL AS A SUPER REPRESENTATIVE!



SNO-KING RTA - WSRTA MEMBERSHIP APPLICATION
(Membership year is from July 1 to June 30)

Name (please print) _____
Last First Middle
Address _____ Apt. _____
City _____ State _____ Zip _____
Phone No. _____ Social Security No. _____ Retirement No. _____ (if known)

I hereby authorize the Washington State Retirement System to deduct WSRTA dues at \$2.00 a month. I understand this authorization makes me a continuing member of the association and will be cancelled only by written notice from me. Cancellation is only effective at the end of the fiscal year - June 30.

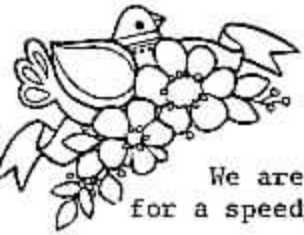
I prefer to pay my dues by check.
 \$24.00 for WSRTA

\$6.00 for Sno-King RTA
Enclosed is my check for \$ _____

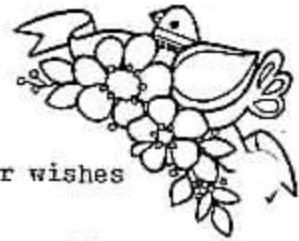
I also authorize the Washington State Retirement System to deduct the dues for membership in Sno-King RTA at 50¢ a month.

I'd like further information about the NRTA Division of AARP.

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



NEWS ABOUT OUR MEMBERS



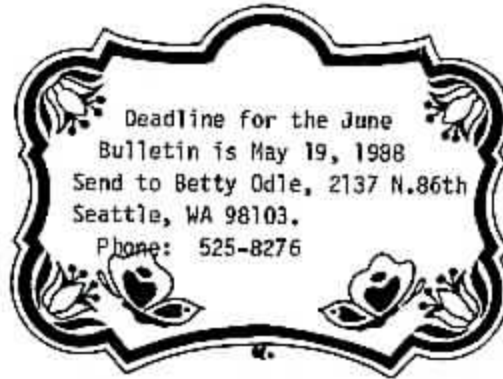
We are sorry to hear that Lolita Temple fell and broke both arms. Our wishes for a speedy bone knitting.

Paul Bolerjack is now home recovering from heart surgery and we hope a quick return to good health.

Pat and Al Svendsen are grandparents for the 4th time. Scott Svendsen born in Eugene, Oregon to parents, Glen & Rae Svendsen.

Dave Eddy and Pat Wrightsen, who presented the music program at the Spring Scholarship Luncheon on April 21st are both retired teachers. Pat is already a member of Sno-King RTA and Dave's first day of retirement was the day of our meeting so we will expect to have him a member of our Unit also.

Judy and Harry Liden are off to Europe for their month's vacation with free use of a new Volvo that Judy won in a drawing last fall. Such luck!



*Sno-King Retired
Teachers' Assn.
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