

SNO-KING SCHOOL RETIREES

NEWS

MAY 1998

President: Dave Johnson, 425-776-7298 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: 1-800-221-1260

PRESIDENT'S MESSAGE

GREETINGS: ALL SNO-KING SCHOOL RETIREES!

Congratulations to our newly elected officers. I know that the organization has elected capable energetic officers for next year. Please give your new officers the same wonderful cooperation that you gave me this year.

We want to thank "Ruze Dalmatinke" for their splended presentation of Croatian and Bosnia music. Also our thanks and congratulations go out to our Scholarship Winners for 1998. We appreciate getting to meet them at our April Scholarship Luncheon.

How about joining us for our community service project for 1998. May 6th we are going to paint, prune, primp, and pot at the Woodinville Adult Day Center. We will also Pizza and Party. This should be a fun affair which will be a real contribution of time and effort to the Day Center. Contact Bob Jones at (425) 787-2727 if you are interested in participating.

Our May meeting is at Mill Creek Country Club for our annual combined luncheon with Sno-Isle. We will help them celebrate their 50th Anniversary. Sno-Isle was our parent organization so we have an interest in their 50th Celebration.

In June we have the WSRTA delegate assembly. The dates are June 8-10 in Wenatchee. The program for June will be a travel slide program on Africa and installation of officers. It will be held at the Edmonds School District Board Room.

THOUGHT FOR MAY: Originality is the art of concealing your source.

Let's keep in touch,

Dave Johnson

JOINT MEETING WITH SNO-ISLE ON THURSDAY, MAY 21 - 11:45 A.M.

Our joint meeting with Sno-Isle will be their celebration day - they are 50 years old! Sno-Isle and Sno-King were one unit until 1977 when the unit got too large. Sno-King was then organized as a separate unit. For many years we have held this joint meeting to bring friends together, to renew old acquaintances, and to make new friends.

We hope that there will be a big turnout of Sno-King members for this annual event to be held at the Mill Creek Country Club. This is always a very special affair - with wonderful food - beautiful location - and the fellowship of good friends.

The cost this year is \$13 per person. (Reservation paid in advance - reservation form is on page 5.

Reservations must be received by May 12. This is a wonderful opportunity to bring some of your retired teacher friends who are not yet members of our association.

To get to the club from I-5 take exit #183 which puts you on 164th SW. Go east on 164th approximately 2-1/4 miles (along Mill Creek Shopping area and on up the hill angling to the left) to Village Green Drive where you will turn left. Take the third left onto Country Club Drive. The Country Club is the first turn in on the right.

We would especially like to have all of our members who were originally in Sno-Isle attend this luncheon. Indicate that information on your reservation slip. If you need transportation, call President Dave Johnson, 425-776-7298.

COMING EVENTS

- | | | |
|-----------|------------|--------------------------------------------------------------------------------------------------------------------------|
| May 7 | 9 AM | Paint, Prune, Pot, Primp, Pizza & Party outing - see page 2 |
| May 14 | 1-3 PM | Board Meeting at AARP Washington State Office |
| May 21 | NOON | Joint Luncheon with Sno-Isle at Mill Creek Country Club celebrating Sno-Isle's 50th year.
Reservation form on Page 5. |
| May 28 | 11:45 a.m. | WSRTA Delegate Lunch - Dennys, Canyon Park |
| June 4 | 10:00 a.m. | Ferry Boat ride to Kingston - see page 6 |
| June 8-10 | | WSRTA Delegate Assembly - Wenatchee |
| June 18 | 1:30 p.m. | Installation of Officers and Dave Johnson's slides on Africa |
| July 16 | 2:00 P.M. | SAVE THE DATE FOR THE ANNUAL PICNIC HONORING NEW RETIREES AT EDMONDS CITY PARK. |

LEGISLATIVE REPORT - Jack Rogers, Chair - (206) 367-7153

What's that smell in the air?...It's politics!!!

The campaign season for state legislative races is just around the corner. Beginning in June political hopefuls will be gearing up for the fall elections. The Sno-King RTA has a commendable history of political involvement, and it is important that we continue that tradition. The fate of public education in general and our pension plan in particular lies in the hands of state government. It is vital that we elect responsive legislators who will address the issues which are important to us. It is equally important that those elected acknowledge that they had active support from the retired teachers group. They tend to remember who helped them when critical votes arise. I encourage you to actively support and work for a candidate of your choice this summer and fall, and make sure the candidate knows you are from Sno-King RTA.

The governor signed the gains sharing bill so the increase in the cola and the "pop-up" become effective this year. Thanks to all those who called and sent messages to the legislators encouraging their support. A letter or call to them thanking them for their support would be in order.

CONGRATULATIONS TO OUR 1998 SCHOLARSHIP WINNERS

We were pleased to meet two of our Scholarship winners and their family members at the Scholarship Luncheon, Heidi Betcher of Woodway High, Edmonds and Halle Showalter of Woodinville High in Northshore were present. Andrea Dearborn, from Shorewood High in Shoreline was with members of her church building houses in Mexico. Our congratulations to these young scholars on their \$1000.00 scholarships. We know that they will become good teachers.

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

Our deepest sympathy to our member Walt Wolff in the loss of his wife. Our prayers are with you, Walt.

We will include this month's sunshine report next month - our Sunshine chair, Gayle is off to Hawaii. Meanwhile everyone keep well, and for those who are not feeling up to par - please know that we all hope you are feeling better.

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 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. Participants must register through Edmonds Parks and Recreation in advance, 425-771-0230. Spring and Summer dates are: May 13 & 14, June 10 & 11. Classes are held 9:00 AM to 1:00 PM.

HOW ABOUT JOINING US ON MAY 7TH AT 9:00 AM AND DO "THE SIX P'S"

"What's that?" you say. It's Paint, Prune, Pot, Primp, Pizza & Party. That's right. This years community service project is to help out the WOODINVILLE ADULT DAY CENTER. They need some inside painting (walls and two doors), a little kitchen cleaning, and some outside pruning and planting. Then we will all have pizza with the day care residents. We could party outside in a park atmosphere if it is great weather. SO! Get your painting or gardening clothes and your favorite brush or garden tool ready and be there. Please contact Bob Jones at (425) 787-2727 (not long distance) if you are coming on **MAY 7TH AT 9:00 AM.**

DIRECTIONS: It's at the Cottage Lake Presbyterian Church located 15 18350 NE Woodinville-Duvall Place. (206)788-5223. FROM HIGHWAY 405 OR 522: From Highway 405 take Highway 522 toward Monroe. Take the NE 195th exit (second Woodinville exit) and turn right onto NE 195th. Proceed up the hill 3.4 miles (195th becomes NE Woodinville-Duvall Road) to 182nd Avenue NE and turn left. Immediately turn right onto NE Woodinville-Duvall Place. Go one block, the church is on the left.

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.

TRAVEL IDEAS AND TIPS

Terri Malinowski

*Sno-King Retirees member *Rita Requa* heads out April 24 for Amsterdam to join up with a Rick Steves tour called "The Best of Europe." Rita was a longtime Syre Elementary teacher in the Shoreline district who also served as Shoreline Education Association president. She's our Sno-King president-elect for 1998-99.

Rita continues to explore new options in retirement, utilizing technology for her travel. While she's in Europe, she'll be staying in touch with her children - not through postcards, but via e-mail. Initially, she planned to use a list of cyber cafes in Europe she obtained from the Internet. For a fee, travelers can send e-mail messages when they stop for coffee or a meal. Unfortunately, the cafes open up and close down before the Internet list can be updated.

But Rita discovered from the Rick Steves office in Edmonds that the tour guides themselves stay in touch with the home office regularly through e-mail. "So all I have to do is follow them because they'll know the nearest e-mail access," she chuckled.

Rita also used technology for her own trip planning, finding hotels in three cities for about \$60 per night. For example, she wanted to arrive a day early in the Netherlands. Using e-mail, she reserved a room at the Hotel Amadeus in Haarlem. And after the 21-day tour, she'll meet up with fellow Syre retiree *Sylvia Havens* in Paris, spending six days at the Hotel Patrice in the Marais district where Rita reserved their double via fax. Their final stop will be London to visit art galleries and gardens for a week. And naturally, Rita and Sylvia are all reserved at the Ridgemount B&B, just three blocks from the British Museum.

Once Rita heads home, Sylvia will remain to visit her daughter who is an artist and graduate student at the University of London.

Incidentally, the 21-day tour will be Rita's first experience with the Rick Steves group. She likes their guidebook, which lists the daily route, how many walking miles are involved, what to do during free times and where they'll be sleeping each night. She's looking forward to the itinerary which begins in Amsterdam, goes down the Rhine to Rothenburg, Germany with a stop at Dachau and continues to Italy - Venice, Florence, Rome and the Cinqueterre. From there, the group goes through the Alps to Beaune, France and then to Paris. "I want to see medieval castles and maybe ride a luge in Austria," says Rita hopefully.

But she's no stranger to traveling. Several years ago, Rita and two other teachers spent six weeks wandering through Bali, China and Hong Kong.

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

MESSAGE FROM PRESIDENT-ELECT, DON DENTON - (425) 672-6746

As we plan for next year's Sno-King activities on behalf of school retirees, we always look for additional people to involve. I will have to admit that I have truly enjoyed my involvement with some extremely friendly, gracious and giving people on various committees during the past two years.

If YOU would like to get involved in any way, call me. All of our committees could use extra input. I promise not to make you a committee chair! One thing we really could use are some ideas for meeting entertainment for next year. If you know of some program, entertainment, or educational feature which would be of interest to school retirees, please let me know.

NEWS OF OUR MEMBERS

We were happy to hear that our Member Adah Miner received the Crystal Apple Award given by the Shoreline School Foundation. Our member, Bill Stevenson was the 1997 recipient. Congratulations to both our members.

We had a call from Geraldine Douglas who teaches Botanical Arts at Lynnwood High School telling that if you need floral arrangements for any function check with the Plant Studies facility at Lynnwood High - the students do great work - a wonderful way to support their program as well as fulfilling your need for flowers.

Geraldine also holds "specialty hands-on classes" for adults. June 6 classes will be held in Botanical Illustration, Floral Designs, Landscape Design - Back yard, Horticulture Basics, Landscape Design-Front entry and Floral Design-Wedding bouquets. Call Geraldine at 206-230-3572 for more information or a registration form for one of the classes.

Waiting For The State Long Term Care Plan? Their John Hancock group plan will cost more and have fewer options than individual plans already available. Retired applicants will still have to qualify medically and pay their own premiums. Call me for personal, individualized rate quotes from three major companies, all of which offer more for less \$ than the State. Don Denton (425) 672-6746

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

NEWEST RESEARCH ON BREAST CANCER - taking the drug tamoxifen can reduce a woman's chances of getting breast cancer by 45 percent according to Harold Varmus, Director of the National Institute of Health. Out of 13,888 women who took part in the study, there were only 85 cases of invasive cancer in the group taking tamoxifen, compared with 154 cases of women taking a placebo. Women in the study were all 60 years or older, because the risk of breast cancer increases with age. As with any drug, there may be side effects. Ask your doctor! (more in USNews, April 20, Page 63)

MORE ON ALZHEIMER'S LATEST RESEARCH - Latinos and African Americans are two to four times at greater risk than are whites, according to Columbia University College of Physicians and Surgeons, and published last month in the Journal of the American Medical Assn. The Study involved 1000 elderly subjects for ten years. Researchers are continuing to isolate the specific gene variants that cause blacks and Latinos to have different Alzheimers's risk than whites. Such research could provide more insight on the disease for all races.

PROPOSED CHANGES IN SOCIAL SECURITY - An adequate income is a necessary ingredient of good health, so the proposals that are now before the U S Congress demand the attention of all who hope to live long enough to be senior citizens. Media articles on Social Security are in almost every publication - US News, April 20, p. 20, reported, "New York Senator Moynihan stunned the Capitol with a call to partially privatize the system. House Speaker Newt Gingrich and Rep. John Kasich want to rebate the coming budget surpluses into new personal retirement accounts as a first step and then have a commission recommend a full overhaul of Social Security by next February." Even local papers, such as the Everett Herald in an editorial April 13, point out the importance of the issue, "This looming crisis is the reason behind the president's four town meetings aimed at searching for bi-partisan solutions".

Because these political proposals would affect the future retirees for many generations to come, it is important that nothing should be pushed through Congress in an ego frenzy. The fact is that Social Security is sound for 31 years, till 2029, without any tinkering, and will be gradually adjusted to compensate for aging baby boomers after that. There is more to this program than trying to get more profit from the stock market, and this safety net has been critical for retirement, disability, survivors benefits, etc. Through its 63 years of providing services of all types, Social Security has never been intended as the only source of income, but is for some unfortunate recipients.

MEDICARE, FACT & FICTION - Several Congressional bills are being pushed by factions that try to convince the American public that **MEDICARE IS GOING BROKE**. The fact is that it will be OK to 2007, and steps have been taken to secure it into the future. We all need to be alert and keep informed on these issues. It's election time and Social Security/Medicare should not be political issues.

BRAINSURGERY WITHOUT A SCALPEL - The Gamma Knife Center at Northwest Hospital, treats patients who have certain abnormalities, such as brain tumors, vascular malformations in the brain, Parkinson's disease and trigeminal neuralgia, all without open brain surgery. Because the treatment uses precisely focused gamma rays instead of surgery, it virtually eliminates the risks of many surgical complications. There is no anesthesia required, no immediate post-op complications and many conditions can be treated on an outpatient basis, according to Dr. Ron Young, NW MED-INFO.

Treasurer's Report - Donna Murrish, Treasurer - (206) 363-5753

Our Scholarship Luncheon on April 16 was a wonderful occasion. Seventy-four people were in attendance including members, guests, and program performers. The Scholarship Fund was increased by \$430. This included \$320 taken in from donations of \$5.00 each for the lunch, \$100 in outright donations, and \$10 from the sale of a T-shirt.

Our guests included two of our scholarship recipients, Heidi Betcher of Edmonds and Halle Showalter of Northshore and their family members. One other special visitor was Royal Penewell, NW District 1 Representative and a member of Sno-Isle Unit.

A rousing and colorful program was presented by a Ruze Dalmatinke ensemble, singing some Croatia folk tunes for our enjoyment.

Remember, if you're planning to attend the May luncheon at Mill Creek, please make your reservation by sending your check for \$13 to Donna Murrish at P O Box 33962, Seattle 98133-0962. See Form on Page 5.

Attention Convention delegates - please send me the convention form which you received from the state (green) - or you may use the one Dave Johnson sent you, which is white. This is the form that lets us know if you're intending to eat the convention lunches and dinners and if you have any food preferences.

NEW MEMBERS

Baker, Rebecca A.* 19619 - 109th PL NE	425-485-5905 Bothell	WA	98011-1751
Bond, John B* 20015 - 65th Ave SE	425-481-4149 Snohomish	WA	98296-
Carlson, Steven N* 23225-53rd AVE SE	425-481-7865 Bothell	WA	98021-8015
Chambers, Judith A K* 9214-15th AVE NW	206-781-9623 Seattle	WA	98117-
Franklin, Sandra L* 6425 NE 153rd ST	425-488-8543 Bothell	WA	98011-4331
Goodrich, Lisa M* 15654-124th PL NE	425-488-7488 Woodinville	WA	98072-
Hankinson, Kerry G 15925-75th PL W	425-743-1834 Edmonds	WA	98026-4523
Holmes, Lynn A* 3535 NE 165th ST	206-367-7796 Lk Forest Park	WA	98155-
Ivoy, James E* 3221 Norton AVE	425-259-1006 Everett	WA	98201-
Jewell, Donnie E* 18730-45th PL NE	206-362-2589 Lk Forest Park	WA	98155-
Jones, Patricia 11100-4th AVE W Trlr 15	425-787-2727 Everett	WA	98204-7010
Larson, Lawauna 9221-164th ST SE	425-402-3886 Snohomish	WA	98296-7016
Loy, John T 17220 - 105th AVE NE	206-542-1071 Bothell	WA	98011-
MacLeod, Michael R* 146 NW 183rd ST	206-542-1071 Shoreline	WA	98177-
Matthies, K Jill 6014-33rd AVE NE	425-321-4866 Seattle	WA	98115-7305
Mortland, Kenneth A* 10010 NE 141st ST	425-486-0306 Bothell	WA	98011-
Nelson, Catherine M * 18712-95th AVE NE	206-523-5591 Bothell	WA	98011-
O'Connor, Linda L* 520 NE 89th ST	425-355-1548 Seattle	WA	98115-
Peterson, Douglas A 207 LaMar DR	425-739-9391 Mukilteo	WA	98275-
Plummer, Alan A* 11617 NE 92nd ST	425-739-9391 Kirkland	WA	98033-
Rein, Patricia R 5831 NE Park Point DR	425-481-9755 Seattle	WA	98115-7806
Ryan, Donna L* 2510-184th PL SE	206-368-2988 Bothell	WA	98012-
Sandberg, Leslie J* 15810-27th AVE NE	425-481-2681 Seattle	WA	98155-
Sankey, Fillmore C 5420 148th ST SW	205-527-3523 Edmonds	WA	98026-4336
Smith, Patricia A* 6210 - 25th AVE NE	425-481-2681 Seattle	WA	98115-
Trujillo, Cynthia G* 15032 NE 167th ST	425-481-2681 Woodinville	WA	98072-
Twibell, Dennis L 3805 - 220th PL SW	425-788-6644 Mntlk Terrace	WA	98043-4258
VanBerkem, Peggy J* 19032 NE 165th PL	425-788-6644 Woodinville	WA	98072-

Chg. of Address: Marilyn Sorensen, 900 - 5th AVE S, Apt 300, Edmonds, WA 98020-4036
Susan Crosby, 3924-149th PL SW, Lynnwood, WA 98036, 425-743-9438

MAKE RESERVATIONS FOR SNO-KING - SNO-ISLE JOINT LUNCHEON, MAY 21

MILL CREEK COUNTRY CLUB

***RESERVATIONS CLOSE MAY 12**

Please reserve (____) places at the luncheon at \$13.00 each.

Enclosed is my check for \$_____ made out to Sno-King School Retirees

Signed: _____

(Include all names covered by this reservation.)

Mail to Donna Murrish, Treasurer, P O Box 33962, Seattle, WA 98133-0962
(Questions, Call Betty Odle (206) 525-8276)

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

MINI TRIP TO KINGSTON, Thursday, May 4, 10 a.m.

It has been suggested that we plan a day trip to Kingston and eat lunch at the old hotel. We will walk on the Edmonds ferry at 10 a.m. Please call Barbara so she will know how many to expect.

FRAUD - W. S. Postal Service reports that mail fraud is on the rise:

Tips to avoid being a mail-fraud victim:

1. Avoid placing outgoing bills and other negotiable items in your residential mailbox. Hand them to your mail carrier or drop them at a post office or collection box.
2. Remove mail from your mailbox as soon after delivery as possible, especially if you are expecting checks, credit cards or other negotiable items.
3. Have you local post office or a neighbor hold your mail while you're on vacation.
4. If you don't receive a check or other valuable mail you're expecting, contact the issuing agency immediately.

If you see someone tampering with your mailbox or a neighbor's, note the person's appearance and vehicle, including the license number. Report the information immediately to local police or postmaster.

REMINDER: Please let Betty Odle, news editor, know if you have quit paying the Sno-King RTA dues so bulletins will not be mailed to you.

News deadline for JUNE Bulletin is MAY 21, 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.