
SNO-KING SCHOOL RETIREES

NEWS

MAY, 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

PRESIDENT'S MESSAGE

At our April meeting, the second of our annual Scholarship Luncheons, the proposed slate of officers was elected. They will be installed in June and take office in July. They are: President, Rita Requa; President-Elect, Jack Rogers; Secretary, Gayle Bromley; and Treasurer, Donna Murrish. In addition, Dave Johnson will be appointed to the position of Assistant Treasurer. The job has grown along with our membership to the point where Dave will handle the budgeting and money duties and Donna will handle membership record keeping.

Speaking of scholarships, we can all be proud to have funded three \$1,000 scholarships for prospective teachers again this year. It was a pleasure to meet the winners and their families at the luncheon.

On May 20th, we are again scheduled to combine with the Sno-Isle unit for a luncheon at the Mill Creek Country Club. Noted northwest harpist, Bronn Journey, will be our entertainment. We have to give the caterers a lunch count ahead of time, so please fill out a reservation form and send us a check. George Eisentrout, our WSRTA President-Elect will be joining us; how about you?

May 27 is the date for our annual community service project. This year we will "pic" the beach in Edmonds. Please read Bob Jones' article for details.

On June 7, 8, and 9 we will attend the annual WSRTA delegate assembly in Pasco. We still have space for a couple more delegates. Want to go? Call me at (425)787-7881

Don Denton

JOINT MEETING WITH SNO-ISLE ON THURSDAY, MAY 20 - 12 NOON

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, the fellowship of good friends, and the music of harpist, Bronn Journey.

The cost this year is \$13.00 and we will be enjoying their delicious Quiche Lorraine with fruit and Waldorf salad, dessert and beverage. This is a great opportunity to bring some of your retired teacher friends who are not yet members of our association. Reservations need to be made by May 11. (Reservations to be paid in advance - reservation form is on page 5.)

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. If you need transportation, call President Don Denton, 425-787-7881.

COMING EVENTS

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|------------|-------------------|---|
| May 6 | 9:30 at Northgate | Mini trip to Weyerhauser Rhododendron Display |
| May 13 | 1:00 PM | Board Meeting at Northgate Washington State AARP Office, 9750-3rd Ave NE, #102, Seattle |
| May 20 | Noon | Joint Meeting with Sno-Isle at Mill Creek - see page 5 for reservation form. |
| May 27 | 10 AM | Beach clean up at Edmonds Waterfront Park |
| June 7,8,9 | WSRTA Convention | Convention in Pasco |
| June 10 | 1 PM | Board Meeting at Northgate Washington State AARP Office, 9750-3rd Ave NE, #102, Seattle |
| June 17 | 1:30 PM | Installation of Officers-Dick Sacksteder slide show, Edmonds School District Board Room, 20420-68th AVE W, Lynnwood |

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

We are happy to report that Joanne Dunn has returned to her home after some time in a health care facility while she was on radiation. She looks great! Give her a call!

We are very sorry to report the death of our member Jean Cook. She was on a trip with her husband, Jess, and other friends to Reno, when she suffered a fatal heart attack. Our deepest sympathy to her family and friends.

Our member, Julie Bloomer, a close friend of Helen Beaver, passed away the day after Jean Cook. Our thoughts and prayers are given to her children and friends.

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

The Legislature passes increase to subsidy of PEBB Medicare eligible retirees.

With the adjournment of the regular legislative session April 25th, the budget package included an increase to the Medicare subsidy. For those retirees in PEBB sponsored health plans the subsidies are as follows:

7/99 through 12/99 - No increase provided

1/00 through 12/00 - \$62.48 per month

1/01 through 12/01 - \$69.98 per month

These amounts are somewhat lower than those proposed by the Governor and the House.

The budget package now goes to the Governor for his signature.

Also the number of hours a retiree can substitute without penalty has been increased substantially.

HELP WANTED

Help! Help! Help! Betty Odle, after many years of editing our newsletter, has decided to pursue other interests. We all thank her for her tireless efforts to keep us informed about issues, people, and activities.

The future of the newsletter depends upon the editor. A subcommittee of the Executive Board decided that we could break up the task into 4 parts. The first is maintaining the membership lists, which will be taken over by our treasurer, Donna Murrish. Another task is the mailing party held at the Northgate AARP Office where the newsletter is folded, taped, addressed and sorted; Betty O. has graciously offered to continue that portion. Another big task was the actual mailing of the newsletter, making sure that we have followed all the rules for 3rd class postage and maintaining a good relationship with the US Post Office; Rachel Lake has offered to do that portion of the job.

So now, we are looking for someone who would use their computer and language skills to put the monthly newsletter together, in camera ready form, and see that it is copied (we now use Office Depot), and bring to the AARP Office on the date of our mailing party. (Help is available to transport boxes.)

If you are interested in editing our newsletter or have a suggestion for an editor, please let Rita Requa (206-362-5220) or Don Denton (425-787-7881) know. Who knows? We may take them to lunch...

SCHOLARSHIP LUNCHEON, APRIL 15 - TREASURER'S REPORT

Forty-one members attended at \$5 = \$205

Extra donations	<u>42</u>
	\$248

We are doing very well by the scholarship fund this year. Many of you have chosen to remember deceased friends and loved ones by making a donation to the fund.

All three of our scholarship 1999 recipients were present as our guests at the luncheon. From Meadowdale, Edmonds, Gena Frazier with her parents; from Bothell High, Northshore, Christine Bellin and her parents and from Shorecrest, Shoreline, Kathryn Krummeck with a friend. Our congratulations to these winners.

TRAVEL IDEAS AND TIPS

Terri Malinowski

Many of you are aware of the interesting resources we have in the Sno-King area for budget travelers, but the names are worth listing for those of you who are expanding your travels.

Wide World Books and Maps is a hole-in-the-wall bookstore at 1911 N 45th St in the Wallingford District of Seattle, whose inventory of specific country maps and numerous guidebooks is unmatched. The shop personnel are also seasoned travelers who have visited major destinations and many out-of-the-way places. Several years ago, I was researching some of my ancestors who immigrated from an obscure village in the former country of Bohemia. The atlases I checked were of no help. But *Wide World Books and Maps* has a map of today's Czech Republic which not only showed the village of Mlecice but other towns I sought, prior to a subsequent trip to Eastern Europe.

* * *

Europe Through the Back Door is the name of a travel service operated by Rick Steves at 120-4th Ave N, just a half-block off Main Street in Edmonds. He and his staff offer travel classes, lead budget tours throughout Europe, publish a regular newsletter and provide lots of advice. What we like is the "library" at their office. There are shelves of guidebooks, personal commentaries, maps and picture books. Tables and chairs invite you to leaf through the materials, take notes, research a future trip, or just while away a rainy afternoon. It's free, and no one bothers you.

Another hole-in-the-wall brouse is *Ex Officio*, a travel clothing outlet at 1419 Elliott Ave. W. in Seattle. Actually, the warehouse building is the distribution point for clothing featured in the *Ex Officio* national catalog. But a cramped corner at street level has retail sales. The clothing is geared to people who rinse out their shirts, blouses, pants, shorts and skirts on the go while traveling. The color selections are soft earth and environmental tones; the fabrics are cool in summer, warm in winter, and wash/dry in scant hours.

Es Officio fans hit the small outlet in droves for the twice-yearly sales in March and September. But in between, the prices are still worth checking out - well-tailored blouses for \$12 and \$16, shorts for \$24, pants for \$20. No off-street parking, so Elliott Ave W is your only chance. And there is no visible store sign; just watch for the address.

* * *

Looking for specific travel accessories like electrical converters to operate your shavers and driers in Europe, currency converters and wrinkleproof clothing? Even travel accessories you never even realized you needed - like a traveler's smoke alarm, anti-pollution mask or a dental aid kit?

Two quarterly catalogs that make for wonderful browsing are called *Magellan's* and *Travel Smith*, both published in California. *Magellan's* calls itself America's leading source of travel supplies. Call (800)962-4943 for a copy of the catalog or visit the website at www.magellans.com. The company has been around for 10 years and has a good reputation. *Travel Smith* is outfitter to more than 100 of the world's top active travel companies, and it offers a free global outfitting guide as well as a catalog. Call (800) 950-1600. The website, which often features sales prices, is www.travelsmith.com.

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

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: 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. We will meet in the middle of the beach by the Edmonds Senior Center. Sno-King will furnish our picnic lunch! Sounds like fun! Save the date and join us. Call Bob at 425-787-2727 for more information.

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

LUCKY TO BE ALIVE - There has never been a better time to be sick than right now - medical progress has been phenomenal, just in our lifetimes. Even when the renowned heart surgeon Dr. Michael DeBakey started medical practice in 1932, he said "There was virtually nothing you could do for heart disease. If a patient came in with a heart attack, it was up to God". Some of the discoveries that keep us alive today are summed up in an April 6 Associated Press report: year 1908 - first electrocardiograph, 1913 - first artificial kidney, 1921 - first treatment with insulin, 1927 - first iron lung, 1928 - discovery of penicillin, 1932 - first sulpha drug, 1936 - vaccine against yellow fever, 1938 - first total artificial hip replacement, 1940 - development of penicillin as an antibiotic, 1943 - discovery of antibiotic streptomycin, 1949 - treatment of schizophrenia with lithium, 1950 - development of heart-lung machine, 1954 - first successful kidney transplant, 1955 - successful testing of polio vaccine, 1956 - first pacemaker, 1963 - valium introduced, 1967 - mammography introduced, 1972 - CT scan introduced, 1978 - first test-tube baby, 1979 - world declared free of smallpox, 1981 - Aids first recognized, 1986 - muscular dystrophy gene discovered. Since 1986, medical progress has spurred ahead full speed.

REMINDER ON HOW TO AVOID HAVING A STROKE 80% of all strokes are preventable. Here are three steps you can take to reduce your risk of stroke: 1. Get regular checkups from your primary care physician (PCP). 2. If your PCP tells you that you have high blood pressure, follow his/her instructions for lifestyle modification. 3. If your PCP recommends medication, take it exactly as directed, never stop taking any prescription medication on your own. Symptoms of a stroke include - sudden weakness, sudden blurring or decreased vision; difficulty speaking or understanding even simple statements; dizziness and loss of balance, and a severe headache.

Prompt action is necessary - if treated within the first three hours, stroke effects can be minimized. CALL 911!!!. Info is from Secure Horizons Bulletin, April, '99. Also, please read "THREE HOURS TO SAVE YOUR LIFE"; REACHER'S DIGEST, MAY' 99, pp 113-117. This excellent article also gives a good explanation of mini strokes - transient ischemic attacks or TIA, and procedures for treatment for these strokes that last only for a few minutes but often are a warning of an impending major attack.

FREE PROSTATE SCREENING for men age 50 and above, the Northwest Prostate Institute at Northwest Hospital (Seattle), is conducting free prostate screening with a new form of prostate specific antigen (PSA). This test includes a prostate exam and blood test which gives a more accurate detection of cancer, according to Dr. Michael Brawer, Director of the study. Call 1-800-633-4636 for an appointment. Info from Northwest Hosp. MED-INFO April '99.

SOCIAL SECURITY BENEFITS - A GOOD PROFIT FOR WOMEN - Although women pay ony 38% of all Social Security payroll taxes, they get 53% of all benefit payouts. This is due to two reasons: women live longer than men, and benefits are skewed to give a proportionately higher payout to low wage workers, and women as a group earn less than men because of various reasons. Date from Associated press, April 9, '99. But even with extra Social Security benefits, about one in five elderly widows and one in four older single or divorced women are living in poverty - with incomes below \$7,698 for single and \$9,712 for a couple.

IMPROVE VISION FOR MILDLY NEARSIGHTED - tiny, transparent rings are implanted directly on the cornea of the eye, can improve vision so glasses or contacts aren't needed, cost about \$2000 each eye. FDA's medical chief, Dr. Susan Alpert said, "It is a simple procedure...these can remain in permanently, but if there's a problem, they can be removed."

A NEW APPROACH ON BREAST EXAMS - When a mammogram is unclear and a biopsy is suggested a new device instead uses electricity to create a map of the breast. A low voltage of electricity causes cancer cells to show up as bright white spots, and a biopsy may not be needed. The FDA approved the procedure April 1999 as another way to improve diagnostic accuracy.

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.

NEW MEMBERS - ADD TO 1998-99 ROSTER

*Rondina Cass	6603 NE 130th Lane	Kirkland	WA	98034	425-823-2905
*Jerrie A Drinkwine	14004-119th AVE NE	Kirkland	WA	98034	425-821-1737
*J Scott Farquhar	1512 NE 190th ST	Seattle	WA	98155	206-362-2906
*Barbara J Griffin	2514 Queen Anne Ave N	Seattle	WA	98109	
*Dianne Grossman	14019-36th AVE NE	Seattle	WA	98125	206-365-9626
*Cheyrl Lindgren	P O Box 1318	Duvall	WA	98019	425-844-2642
*David C Robinson	840-198th PL SE	Issaquah	WA	98029	425-836-3543
*Ruth M Shaddock	20607-39th AVE SE	Bothell	WA	98012	425-489-5097
*M. Elaina Stewart	9800 Roosevelt Way NE	Seattle	WA	98115	206-522-3117
*George G Strain	11300-NE 128th ST	Kirkland	WA	98034	425-821-9280
*Barbara L Warberg	1816-167th ST NE	Bellevue	WA	98008	425-641-2946
*Sharon J Williamson	1701-121st S E #G-204	Everett	WA	98208	425-338-3733
*Judith A Wilson	14810-217th ST NE	Woodinville	WA	98072	425-788-3770
*Martha E Wilson	20431 Little Bear Creek RD	Woodinville	WA	98072	425-481-3176
Nelsie McLeod	8729 - 209th SW	Edmonds	WA	98020	425-776-2241
Rod McLeod	8729 - 209th SW	Edmonds	WA	98020	425-776-2241
Billie Mikesell	17010-4th AVE NE	Shoreline	WA	98155	206-362-5783
Alan R Kieffer	20514 Brown RD	Monroe	WA	98272	
Larry Thomas	23825-15th AVE SE Unit 167	Bothell	WA	98021	425-806-7288

CHANGES OF ADDRESS

Dorothy Baird	18625-60th AVE W	Lynnwood	WA	98037	
Paula Barta	112 Forest CT	Everett	WA	98203	
Al Christensen	2525 Cal Young RD #213	Eugene	OR	97401	Eff. May'99
Evelyn Christensen	2525 Cal Young RD #213	Eugene	OR	97401	Eff. May'99
Jeffrey Creager	6369 NE 193rd PL	Kenmore	WA	98028	
Virginia Bain DeLisle	2628-130th ST SE	Everett	WA	98208	425-379-0594
David W Dwyer	6129 NE 204th ST	Kenmore	WA	98028	
Francesco Gates	809 W Garfield ST	Seattle	WA	98119	
Jackie Grandemange					425-485-1241
Judith Guion	621-219th PL SW	Bothell	WA	98021	
LoAnne Larson	5514-34th AVE NE	Seattle	WA	98105	
Roger Myers	2447 NW 59th ST	Seattle	WA	98107	
Dorothy Ripplinger	9802-48th DR NE #208	Marysville	WA	98270	
Lisa Santos	2305-211th ST SE	Bothell	WA	98021	

CORRECTIONS

Marian Kinch	206-362-2703
Diane Renstrom	206-523-5989
Emrose Linn	206-548-9952

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

We are planning a mini trip to the Weyerhauser Rhododendron Display at Federal Way on Thursday, May 6. We will meet at 9:30 a.m. at Northgate Mall south of Penney's to carpool. Call me if you want more information.

Let me know if you have ideas for other mini trips or information we should share with others regarding special rates and activities.

MAKE RESERVATIONS FOR SNO-KING - SNO-ISLE JOINT LUNCHEON, MAY 20

MILL CREEK COUNTRY CLUB

***RESERVATIONS CLOSE MAY 11**

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, 11227 Goodwin Way NE, Seattle, WA 98125-6540

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

The Northshore District has been our focus these last two years for the purpose of telling active employees that we exist and for giving them the opportunity to participate in the improvement of their own retirement provisions. We have visited 25 of their schools and have 4 to go.

School staffs are always surprised to hear that the state doesn't pay for medical insurance during retirement, that the Plan 1 COLA does not start until age 66, and that Plan 2 and 3 participants don't get full retirement unless they work until age 65. Maybe that is why we have welcomed over 100 new members for Northshore.

Our remaining schools are Cottage Lake, East Ridge, and Fernwood elementaries, and Timbercrest Jr. If you know one of those principals, please tell them I would love an invitation to one of their staff meetings.

NEWS OF OUR MEMBERS

Lois Champion Hull spent 18 wonderful days in India last month. The highlight of the trip was a trip on the Ganges River on a little boat for 1-1/2 hours.

Rita Requa is on a month's trip to Turkey and Greece - we know she will have lots to tell us when she returns.

Dave and Marlene Johnson have returned after a wonderful trip to England, Ireland and Scotland. They saw and visited lots of castles and museums. They even stayed in a castle in Ireland! Marlene said the weather was quite cold, but the hillsides were covered with daffodils and forsythia and in some places sheep and lambs. The highlight of their trip was to join their grandson in England - he was there with his school band from Everett - 100 children and 25 adult chaperones. They were able to listen to their symphony orchestra as well as the jazz band. They played in cathedrals and even played at some championship soccer games.

Georgianna Young and her family were also in Hawaii with Barbara Berg last month.

Betty and Bob Odle were with the group in Reno with Jean and Jess Cook. It was a real shock when we heard of Jean's death.

(Let us know if you are traveling or if you have been doing something that would be fun to hear about or fun to do.)

News deadline for JUNE Bulletin is MAY 20, 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 Bronson, 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.