

Sno-King School Retirees



November 2001

The SKSR Bulletin

A message from our president

E-side chat

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

Here goes another message or should I say, "E-Side Chat," for the month of November. Technology is moving so fast one can't keep up with it. As an example, the other day I was in the produce section of a grocery store and I saw and heard an obviously retired gentleman talking on a cell phone, fingering tomatoes and saying, "Didn't you get my e-mail? I sent it an hour ago." I'm sitting at my computer writing this piece and hearing the bombing in the Middle East over the TV. After refining it, I will send it by a few key-strokes to Bruce and Jo Caldwell who, in turn, will put it by computer into the *Bulletin*, send it to the printer and also to the new web site.

Speaking of the web site, it looks the same now and will respond to you the same, but all the background workings are in the process of being changed, making it a useful tool in our organization. And I wish to say right now that I'm so proud of the *Bulletin* and the praise should all go to Bruce and Jo Caldwell. What a fine job!

Fall is definitely here as the rains are coming and snow is forecast for the mountains. If you haven't taken a ride over Stevens Pass to Leavenworth, as Pat and I just did, let me tell you the colors were great. Everything is going faster and faster. Halloween is over, Thanksgiving is coming and, of course, the Christmas season. (I call it that even if some people think we should call it the Winter Whatever.) As a former music teacher, Christmas and New Years winter programs always marked that half the year was over.

It just can't be with Sno-King School Retirees. We're just getting started and will not stop. Two general membership meetings down. The first was the K-9 Unit Tim Reeves and Yosko from the Everett Police Department. What a show! If you weren't there, you missed a good one. The second, Joel Mattson with Legions from Alaska at the

Bob Jones, President
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November 15 meeting information

To will or not to will—that is the question

Our next meeting will be held on Thursday, November 15, at 1:00 PM in the Edmonds School District Educational Service Center, Rooms 101 and 102.

We will have a presentation on *Basic Wills and Estate Planning*. This is an important topic that too many of us overlook—"I'll take care of it later." It is really important for everyone no matter how old (or how young) to have made these decisions and to have them in writing. We never know what tomorrow will bring.

Come join us for the friendship and information November 15. It's always great to get together with your colleagues from teaching and socialize as well as learn together.



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MARK YOUR DATEBOOK

Coming Events for Sno-King School Retirees

November 15	General Meeting, 1 PM
	Edmonds Service Center
	United Way, Basic Wills and Estate Planning
December 13	Legislative Breakfast, 8 AM
	Ballinger Golf Club
	Meet your Legislators
February 21	General Meeting
	Edmonds Service Center
	Sound Singers of South County Senior Center
March 21	Joint Meeting with East King
	Bob Slingland, WSSRA President-Elect
April 18	Scholarship Luncheon
	Edmonds Unitarian Church
	Champion Junior Ballroom Dancers
May 16	Join Meeting with Sno-Isle
	Mill Creek Country Club
	Penny Creek Elementary Singers
June 20	General Meeting
	Edmonds Service Center
	Bronn Journey
July 18	Picnic
	Kenmore Park

Welcome new retirees

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

November 8	April 11
February 14	May 9
March 14	June 13

Legislative update

by Jack Rogers, SKSR past president

The WSSRA has identified five "hot pursuit" items for the coming legislative session in January. They are called hot pursuit because the next interim session is likely to be shorter, and everyone will have to work fast if these items are to get any attention at all.

- **Pension governance** (HB 2083): We're still trying to get retirees on the pension board. Washington is one of only four states that do not have this provision. The JCPP is considering the issue this interim.
- **Annualizing gain sharing** (SB 5856): Currently gain sharing occurs only in even-numbered years. We're trying to make it an annual event.
- **Increasing minimum benefit** (HB 2085): This would elevate the minimum pension to \$50 per year of service with a cap at 30 years. This would help those who have been retired the longest and have suffered the greatest losses of purchasing power.
- **Establishing a 13th check** (HB 2084): Based on a point system utilizing years of service and years retired, this additional payment would be granted every odd numbered year.
- **Relaxing gain sharing safety net provisions** (SB 5855): Currently extraordinary gains are shared with cola recipients when earnings are in excess of 10 percent. This bill would trigger gain sharing when earnings are above 8 percent.

There are several other issues also being pursued, but these five are top priority. Also, it should be noted, Rep. Helen Sommers is stepping down from the Joint Committee on Pension Planning. Her replacement has yet to be selected.

PRESIDENT from page 1

luncheon was another great meeting. I am looking for a miracle, 10% of the membership at a meeting. Do you know that would be about 120 people? I wonder where we would put everyone. Let's make it happen. What do you say?

I want to emphasize an item that Gordon Bowers is writing about in his outstanding article each month in our *Bulletin*. The open enrollment period for health care closes on November 30th. Remember we used to teach, "read the directions carefully before acting." Still works for me. If you have changes or upgrades, get them in before November 30th. Please note that some company names have changed, but they are the same company.

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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, call Bob Jones at 425-787-2727. Note that the class is a two-consecutive-days class, which can be selected during the month of your choice.

FALL

November 7-8

December 5-6

WINTER

January 2-3

February 6-7

March 6-7

SPRING

April 3-4

May 1-2

June 5-6

Health tips for you

A good night's sleep is hard to come by

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

Why it's harder to get a good night's sleep

The Mayo Clinic has made an intensive study of sleep patterns and how they change with age. When we were younger, sleep could almost come as the head touched the pillow, and usually we could sleep straight through the night. Now you find waking in middle of the night frustrating, unable to get back to sleep...and are tired, need naps during the day. This change may or may not be a part of growing older, but sleep can become less restful between the ages of 50 and 60 plus. The reason is that you spend more time in the "light sleep stages." There are two main stages—rapid eye movement (REM) and non-rapid eye movement (NREM). As you pass from being awake to being asleep, you are in stage one (NREM) sleep.

This is a deep, more restful time, but during the night you continually move from one type of sleep to

another, with the second part of the night's sleep to be much shallower than the first. After age 50, sleeping may become less restful; you spend more time in shallow stages, are more easily awakened. Some of the causes: you may be less physically and socially active, drink more caffeine and/or alcohol, or have chronic pain, depression, anxiety, stress, bladder problems, sleep apnea, restless legs syndrome, or medication that can interfere with sleep.

But before you see a doctor, Mayo has some hints to help you through the night: hide the clock so you won't keep checking the time; limit caffeine, nicotine and alcohol; exercise and stay active, but avoid exercise 5 or 6 hours before bedtime; watch what you eat before bedtime—a light snack may help to relax, but no heavy foods and less liquids. If you need to nap during the day, limit it to less than 30 minutes. Use a pain-reliever effective enough to control pain while sleeping. Don't let any of the above keep you awake at night! *Mayo Health Letter*, October 2001, pp 1-8, and *Health Services*, November 2001, P. 2

Women needed as research volunteers

The UW medical teams are seeking women age 55-80 for a study on estrogen effects on sleep, temperature and memory. Under medical supervision this study will help to increase knowledge about estrogen, aging and sleep.

The study requires two free 72 hour stays at the UW Medical Center. Benefits include \$300 at the end of the study. For more info call 206-221-3688. *UW publications*.

Men needed as research volunteers

The Northwest Prostate Institute is a partner in the National Cancer Institute study to find out if selenium and/or Vitamin E will reduce prostate cancer. If you are 55 years of age or older in generally good health, you can make an appointment to enroll. Call NW Prostate Institute at 206-368-6591. If you are interested about the study but need more information, call Vicki Miner, study coordinator, at 206-368-6599. Previous studies show promise on both selenium and vitamin E but were too few numbers; this study is "double blind" involving 32,000 volunteers around the world for more than seven years. Advanced PSA medications and other tests are free. *Northwest Prostate Institute Letter*, October 7, 2001.

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see HEALTH on page 7

Traveling with Terri

Travel nearby—there's lots to see!

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

When you read this column, it will be nearly two months since the heartrending events of September 11. And as you know from reading newspapers and hearing newscasters, vacation travel has slowed to a trickle.

People are concerned about flying, people are worried about touring visitor-dense sites like Disney World, and people are more conscious of their disposable income in times of economic distress.

Instead, there is greater appeal in hanging around the neighborhood, spending time with family and friends, and staying by the fireside. We've heard from several of you in the past month, explaining that you've either postponed or cancelled your planned trips this fall and winter because you're uneasy or unsettled.

But should you consider venturing afield for a short break, look to your own state. Take a three-day trip to the Pacific Ocean, for example, and walk the beaches to watch the endless waves thunder across the sands. The locations are as numerous as your personal interests—the splendid isolation of Kalaloch, the endless stretches of Long Beach, the bustle of Ocean Shores.

Driving along the Columbia River is another choice—a restful panoply of the best our state has to offer. Start in the southwest corner and browse the tiny towns of Skamokawa and Cathlamet. Move on to Vancouver/Portland and see what the latter has done in downtown restoration; ride the nifty MAX transportation system to outlying suburbs.

When you're ready for a fireside stay, treat yourself to a night at Skamania Lodge on the Columbia. Or you may want to dip farther south and enjoy one of the reasonably priced Phoenix Inns scattered through Oregon's small cities as well as in Vancouver. Each inn has a pleasant fireside lobby, free breakfast buffet and comfortable rooms or expanded suites. The breakfast buffets are a real treat; they include yogurt,

French toast, waffles, hot oatmeal, dry cereals, muffins, toast and trays of fresh fruit.

Then again, you could continue along Highway 14 on the Washington side of the Columbia to try one of the local bed-and-breakfasts in Hood River, White Salmon or The Dalles.

Another treat as fall weather colors the hillsides is to travel the backroads with no particular destination in mind. Check out Arlington, Darrington or Sedro-Woolley by following Highway 9 northward from Woodinville. Consider following the shoreline road beside Hood Canal, or explore South Bend and Ilwaco. Try heading eastward from Centralia/Chehalis along Highway 12 toward Mossyrock and Morton. Then turn north along Highway 7 to Elbe. Or reverse course and meander westward on Highway 12 from I-5 and check out Rochester, Oakville and Elma.

Every small town has an interesting shop or two, a pretty trail or walkway, and almost always, a bakery. Arriving in an unfamiliar town after driving for a couple of hours, we like to take a brisk stroll along a parkway or trail. Then it's time to find a local cafe or restaurant that looks enticing for lunch. We conclude our visit with a leisurely wander through shops that usually yield something we can't live without.

And before we leave town, we look up the local bakery. Sometimes there are ethnic pastries such as

see TRAVEL on page 7

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Our membership chair speaks I need help—your help!

by Don Denton, 425-787-7881

As you know, membership and the meager dues associated with it are the lifeblood of our organization. The dues support our state WSSRA office in Olympia and all of our legislative tracking and lobbying. The goal, of course, is to improve our retirement system.

As membership chairman, my voluntary job is to gain new members. I can't do it alone!

Although over half of the new retirees for the past two years are members, there are over 100 who are not. We work to gain a better retirement for them; they should be members, but they may not know that.

Someone needs to call them and ask them to join. I don't have time, but I will send them the forms if you make the call. There is even a "finders fee" available to those who apply and are accepted as paid recruiters. For information, look in your last WSSRA *Journal* on page 14. Then call me and we'll talk about the details. Please check it out. Maybe you would want to do it in your own school district only. We are flexible. Call me!

Planning for Long-Term Care is like planning for retirement; it is easy to put it off. The advantages of planning now are good health, younger age, and therefore lower insurance costs.

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SKSR BULLETIN BOARD

Help our cause

Entertainment 2002 books are now available and are being offered by Sno-King to raise funds for the Sno-King School Retirees Scholarship Fund. Entertainment books are still only \$40 and include 50%-off and two-for-one offers at the greatest places in town! To purchase your book, contact Donna Murrish at 206-363-5753 or send her an e-mail at dmurrish@aol.com.

Edmonds Creative Retirement Institute

The Creative Retirement Institute does it again, with college-level classes at bargain prices! Thanks to a still-growing membership in the institute, connected with Edmonds Community College and the national elderhostel program, CRI is once again offering numerous college-level classes for this fall, featuring top-notch instructors. Course offerings, all short-term and all taught during the day except for one, range from classes about the internet to computers, history, wine lore and mystery, current events to the arts, field trips and more. No tests! No homework! Course fees are exceptionally low. Anyone is welcome. A yearly membership in the Institute is only \$60.00 and includes a \$30.00 rebate voucher toward class tuition, a bargain indeed! CRI member privileges include priority at registration and four socials per year. To find out more, or to register, please contact CRI at Edmonds Community College, telephone 425-640-1390.

Legislative Breakfast 2001

We are scheduled for a legislative breakfast, December 13, 8:00 a.m. at the Lake Ballinger Club House. Have a free breakfast and the chance to meet and talk with your elected state representatives. RSVP to Jack Rogers, 206-367-7153 (jrogers735@home.com) or to Bob Jones.

Remembering . . .

John Pahl McAdam passed away October 12. He graduated from Everett High School and Western, with his masters from Seattle University. He taught in the Edmonds School District for 29 years.

John also served in the Navy on the USS Oriskany and USS Wright, and retired from the Navy Reserves after 25 years.

He was famous for his "Macpack" bike and cross country ski trips. His passions were his family, photography, carpentry, softball and the Mariners.

John is survived by his wife of 47 years, Judy, and their children and grandchildren.

Services have been held.

Victor W. Ohls passed away this spring. He was born in 1925 in Anchorage, Alaska. He attended Hoquiam High School, Grays Harbor Community College and Western Washington University. He received his masters from Seattle University.

Vic served in the Navy in the Pacific Theater on the USS San Saba LST during World War II.

In 1955 he joined the Northshore School District as a teacher and became the opening principal at Crystal Springs Elementary in 1957.

He retired in 1987 and spent some time in sales. He was an active Democrat.

His wife, Dolores, and daughter survive.

TRAVEL from page 5

those in Black Diamond, Roslyn or Poulsbo. Or maybe it's a scrumptious-looking apple fritter for the road.

Undoubtedly, our roads will lead farther in the future, certainly to Mexico and Europe, and will include air travel again. Just as yours will, too. But in the meantime, hanging out around home (as in the Northwest) conjures a whole string of adjectives—comfortable, economical, interesting and yes, American.

HEALTH from page 4**New rules for CPR**

Before giving CPR to an adult, call 911 first, then give CPR. The reason is that it only takes a few seconds to call 911 and get trained personnel with life savings equip-

ment. For children, give CPR for one minute, then call 911, go back to CPR until help arrives. *Hope Health Letter*, October 2001, Vol. 21, No. 10, P 5.

Latest on gas masks

Time magazine has a summary update on "Shopping For Protection," October 8, 2001, pages 50-51. Their advice, same as most experts is: there's no point in buying gas masks for many reasons, but for those who are determined, there is a suit that protects the entire body, requires four hours of training how to use, and costs \$2,995. *Health Services*, November 2001, P. 3

Action alert—your PEBB "open enrollment"

Please study the *PEBB Perspective*, September 2001, issue that came in the mail the week of October 7. If you did not receive

one, call 1-800-200-1004 or 360412-4200. Change in coverage can be made on-line or on the written form that will come in a few days. November 30 is the deadline. One of the benefit fairs will be at the Department of Transportation, 15700 Dayton Ave North, Shoreline (listed as Seattle). See page 4 of *Perspective*.

Calling 911—helpful hints

From Snopac 911 Emergency dispatch Center: Seconds count. Call as soon as possible in an emergency. Stay calm, breathe deeply, don't get excited, speak clearly. State the problem and be prepared to answer some questions: the location, your name, the number you are calling from, and other info as necessary. If you dial 911 by mistake, don't hang up; stay on the line and tell the dispatcher there is no emergency.

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HELP US WITH INFORMATION TO PUT IN THE BULLETIN

The deadline for the next newsletter is **Sunday, November 11**.

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, November 27**, call **Betty Odle** (206-525-8276),
Ellie Bonnano (425-778-0751) or **Ruthann Warren** (206-367-0742).

The changing SKSR scene

Change of Address

- Pg 2 .. *Avery, Susan J* 720 N 41st St, Seattle 98103-7807, 206-545-2175
- Pg 15 .. *Gulley, Mary Beth* 3431 Broadmoor Way, Carmichael, CA 95608-3421
- Pg 17 .. *Hokanson, Sarah M.* .. 1518 S. Adams St, Spokane 99203-1036
- Pg 18 .. *Houser, Joyce E.* 6515 134th Pl SE, Unit D6, Snohomish 98296-8674
- Pg 19 .. *Johnson, Patricia A* ... 14507 21st Dr SE, Mill Creek 98012-5795, 425-385-3818
- Pg 25 .. *Martin, Susan K* 4502 131st Pl NE, Marysville 98271
- Pg 25 .. *Matthews, Jeannie G* . Change apartment number to H3
- Pg 28 .. *Myers, Dennis R* 7321 Centerville Ct, Apt 601, Stanwood 98292-6251
- Pg 29 .. *Peck, Joyce* 12528 Double Eagle Dr, Mukilteo 98275-5558
- Pg 31 .. *Peters, Frances* 531 NE 112th St, #209, Seattle 98125, 206-361-8594
- Pg 33 .. *Rice, Carolyn A* PO Box 998, Edmonds 98020-0998
- Pg 37 .. *Sorum, Diane D* c/o Illesheim Elem, CMR 416 #Box J, APO AE 09140
- Pg 38 .. *Squire, Larry W* 200 James St, Apt 408, Edmonds 98020-3573
- Pg 41 .. *Vice, Esther F* Change apartment number to CC-308



Deceased

McMillan, Eugene T 9/01
Need Address for
Donna Lakey

New Members



- Pg 25 .. *Maxwell, Rosemary I.* 15904 Village Green Dr, Mill Creek 98012-4816
- Pg 31 .. *Pierce, Elaine* 5900 64th St NE, #194, Marysville, WA 98270-4854
- Pg 31 .. *Pinkerton, Gerald C.* .. 2517 NW 191st Pl, Shoreline 98177-2915, 206-542-4904
- Pg 40 .. *Torgerson, Cindee* 4233 220th St SW, Mountlake Terrace 98043-3622