

Sno-King School Retirees



November 2002

The SKSR Bulletin

A message from our president

Voting—a precious American heritage

by Alice Bingaman, 425-778-1343



As election time draws near, I urge all of you to be sure to vote. We usually take our right to vote very casually—perhaps because we've always had that right as far back as we can remember. We don't hold it to be as precious as it really is, nor do we think too often about how fortunate we are to have been born or become American citizens.

By voting and using the privilege of being Americans, we ensure our way of life will continue. Often we are disappointed in the outcome of elections, thinking we might as well have not voted. But maybe the outcome is the result of many people who share our beliefs failing to vote. If we are the ones who didn't vote, we can't complain!

We can do more than vote to shape things the way we want them. We can support the candidates and issues we believe are best with both time and money. Whether it's stuffing envelopes, door-belling or sending a check, we can make a difference. So I urge you to be involved as much as your time and talent allow.

Keeping informed is the bedrock of political action, so I'll remind you of an upcoming event on December 19. That's when we host our annual legislative breakfast, where you can meet your state representatives and learn more about the events which will occur in the next session in Olympia. Be there and you will learn more than the newspapers tell you.

Don't forget to attend the November 21 meeting and hear member Walt Barnum enlighten you about his experiences in the European theater of World War II. There's more information on page two.

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Our November 21 meeting takes us back in time
Walter Barnum recalls another era
by Rachel Lake, SKSR president-elect

The month of remembrance and thankfulness for the great nation we live in is here. SKSR member Walter Barnum will be the special program offering for the November 21st General Membership meeting at Edmonds School District's Board Room.

As a part of our memorial remembrances for our country's fallen military, he will give his personal account of his participation in the victory parade on August 29, 1944, in Paris, France, by the 28th Division, the National Guard unit from the state of Pennsylvania. The parade and show of force marked the end of five years of occupation by the German army and was an occasion for happy celebration for the French people. Pictures of the parade taken by war photographers will be shown as slides.



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MARK YOUR DATEBOOK

Coming Events for Sno-King School Retirees

November 21	General Meeting Edmonds Educational Service Center Walter Barnum
December 19	Legislative Breakfast, 8 AM Edmonds Masonic Center Meet Your Legislators
February 20	General Meeting Edmonds Educational Service Center
March 20	Joint Meeting with East King Luncheon
April 17	Scholarship Luncheon, Noon Edmonds Unitarian Church Election of Officers
May 15	Joint Meeting with Sno-Isle Luncheon
June 19	General Meeting Edmonds Educational Service Center Installation of Officers
July 17	Picnic Edmonds City Park Welcome New Retirees

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

November 14	April 10
February 13	May 8
March 13	June 12

Encourage your colleagues

Grants for our ACTIVE teachers

by Rita Requa, grants chair

Again this year, the Sno-King School Retirees is offering grants up to \$200 for our active members. In the past, these grants have funded field trips as well as special equipment for PE, libraries and classrooms. From computer programs, chess clocks, small tape recorders and cassettes, games, lumber for special projects to tee-shirts and more, the creativity of our active members shines with requests.



The rules are simple:

1. Grants are made to active members only ("active" meaning a member of Sno-King School Retirees who is working in the public schools).
2. Write a paragraph detailing how much money is requested and how it will be used. Special entry forms, objectives, detailed costs and analysis are not required or sought. We encourage online communication.
3. Include your name, both home and school phone numbers, home address, grade level/subject, school and district.

This year we will have only one period for submitting grants: **October 30 through December 15**. So send your grant requests to Rita Requa via e-mail at rrequa@earthlink.net or US mail at 19121 Ballinger Way NE #102, Seattle WA 98155.

Your directory

It's in your hands

by Donna Murrish, directory chair

It probably seems like it's been a long time coming doesn't it? Because of the great expense in publishing a directory, we're doing it every two years. There are many changes in two years. We try to keep up with them every month but it's nice to have them all at once. So for awhile anyway, here is some up-to-date information as we know it (as of October 7 when the book went to press).

Now that you have this new directory in your hands, take a look through it. There are no doubt many names of folks you worked with, people who were special in your life. We were all part of a team—our home away from home.



Why not pick up the phone and give an old friend a call? Bill and Carolyn Vickery have been doing just that. Someone comes to mind and, by golly, they don't hesitate in giving a call to say hello. They've decided not to wait until it may be too late. Bill and Carolyn, by the way, now live full time in Mesa, Arizona, and are loving it.

Enjoy your new directory. There is much information in it. Please remember to keep us posted if you have any changes in address or if you want to add, subtract or correct anything such as your phone, address, zip or e-mail. If you have a change, please call me at 206-363-5753, e-mail me at dmurrish@aol.com or send a note to the Sno-King post office address.

55 Alive

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. Graduates may have a 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, contact Bob Jones at 425-787-2727 or bobjones@premier1.net. Note that the class is a "two-consecutive-days class," which can be selected during the month of your choice.



November 20-21	March 19-20
December 18-19	April 16-17
January 15-16	May 21-22
February 19-20	June 25-26

Health tips for you Living in harmony

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

Marriage—a hazard to your health?

A study of 8,000 English couples found some health downsides for couples who share more than a bed and even mannerisms. As published in the *British Medical Journal*, September 2002, when one partner is depressed or has an ulcer, the other is twice as likely to have the same problem. Some of the common illnesses can be explained. Since they live in the same environment and eat the same food, that can affect blood pressure, cholesterol levels, allergies, asthma, etc.



They gave no explanation for the partner getting ulcers, but we can bet that if one partner is depressed and develops ulcers, the other partner is going to feel terrible.

The senior author of the study, Julia Hippisley-Cox, said, "For some of these, there's simply no good explanation." The advice is, if your partner is ill you should get a checkup.

(Anyway, after 65 years, we approve of marriage!)
Source: *Time*, September 30, 2002, P. 100.

Alternative knee surgery

Instead of total knee replacement, for older adults partial or unicompartmental knee arthroplasty (UKA) is becoming more popular. It involves a smaller incision, shorter hospital stay and less rehab time. The surgeon removes diseased bone tissue from just one of the knee's parts and replaces it with an implant (prosthesis). The Mayo report claims it is safe and effective, a good alternative to total



knee replacement for some with osteoarthritis. Ask your doctor.

Source: *Mayo Clinic Health Letter*, October 2002, P. 4

Good news—therapy for Hepatitis C

This disease of the liver is rarely discovered until the victim has a blood test for other illnesses. The virus attack does severe damage to the liver, and a transplant has been the only hope to stay alive. With four million American having the disease, there are never enough liver transplants available. The disease is the primary reason for the transplants, and kills about 10,000 American annually.

The treatment was developed by Roche (Swiss) Pharmaceutical Company, with 1,121 patients in a worldwide study. Treatments include weekly injections of Pegasys, combined with Interferon. This mix, called "pegylated interferon," is then combined with another drug, Peg Intron. Results showed that the virus disappeared in 56% of the patients. According to the lead researcher, Dr. Michael Fried, University of North Carolina-Chapel Hill, after 12 weeks of treatment doctors can tell which patients it probably will cure. The above shows how these treatments become so expensive but can avoid transplants or death. This one is expected to be approved and for sale in the United States this year.

Hepatitis C is transmitted through the sharing of intravenous needles, accidental punctures by medical personnel or through sexual intercourse.

Source: Associate Press, *Seattle Times*, P. A5 and *New England Journal of Medicine*, September 26, 2002.

Accident report


"My car was legally parked as it backed into the other car."



Amazing aspirin

Used since 1867 to reduce fever, relieve headaches and muscle pain, and for the past 35 years to decrease the stickiness of blood platelets, aspirin is now being recommended as a remedy for much more. For millions who may be likely subjects for heart attacks, low dose aspirin may keep them heart-healthy.

This latest information from Johns Hopkins Health



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Traveling with Terri

The ponies run on the Delmarva Peninsula

by Terri Malinowski, travel chair, 425-483-8344—terrim1@earthlink.net

Last month's travel column on the Delmarva Peninsula, more familiarly known as the Eastern Shore, produced several comments from readers—someone who wants to visit that area, people who already have discovered the charms and someone who was raised in Princess Anne, Maryland, in the heart of the area.

I had suggested a visit in the spring or fall, especially the latter when the rural areas are filled with color. But if you are in the area during the summer, perhaps in Washington, DC, or Baltimore, consider visiting Chincoteague Island off the coast of Virginia to see the annual roundup of the wild ponies. This July tradition dates from 1925 and draws visitors from the entire Eastern Seaboard.

Head east across the Chesapeake Bay Bridge from Annapolis or south from Philadelphia and catch Highway 13, the north-south arterial running down the Delmarva Peninsula which is made up of portions of Delaware, Maryland and Virginia. Once the highway crosses into Virginia, watch for Highway 175 turning east to Chincoteague Island and Chincoteague town (pronounced *Shin-ku-teeg*). If you want to stay in the normally serene island town, you need to make reservations ahead, but it's possible to stay in small peninsula towns nearby and come to Chincoteague for the day.

The roundup of wild ponies began when the 1925 volunteer fire fighters sought a way to raise funds for their struggling island department. The presence of the wild ponies on adjacent Assateague Island dates to the days of Spanish galleons visiting the east coast several hundred years ago. Legend says a ship carrying several horses encountered a storm and sank, but the horses managed to swim ashore to the coastal island.



The ponies have adapted to the uninhabited island, becoming smaller and sturdier as they multiplied. Today, as happens each July, the wild ponies of

Assateague Island, together with their adorable foals, will be rounded up by the fire department volunteers and herded across the narrow channel between off-shore Assateague and closer-in Chincoteague.

Literally thousands gather on the shoreline, waiting to glimpse the spectacle of the ponies swimming across the narrow channel into the crowd. The locals, meanwhile, pass the time aboard a flotilla of fishing craft, rowboats and small yachts lining both sides of the

ponies' swimming route, nibbling appetizers and waiting for the swim, much like the log-boom crowd watches during the Seattle Seafair Race.

From start to finish, the annual swim of the quarter-mile channel takes little more than five minutes. When the ponies reach the Chincoteague side, the spectators make way for stallions, mares, colts and fillies as they trot nervously through the streets of Chincoteague to the fairground where they are penned until the firemen auction the foals as their fund-raising event. For years, families have made the pilgrimage from as far away as New York and Connecticut, hoping to buy a pony for their children. A drawing each year assures that one pony goes free to the lucky holder of the winning ticket. After the foals are auctioned, the rest of the herd makes the return swim to Assateague to roam free for another year.

The week-long activities on Chincoteague include an old-time carnival and seafood booths touting the famous deep-fried Chincoteague oysters, crab cakes, oyster sandwiches, fried clams, sautéed soft-shell crabs and fried "catch of the day." There are games, exhibits and old-time fun.

And once the visitors leave, Chincoteague Island returns to a quiet fishing village again, well worth visiting in its own right for a taste of the Eastern Shore and nearby Atlantic Ocean.

For contributions or questions, call Terri Malinowski, 425-483-8344 or email her at terrim1@earthlink.net

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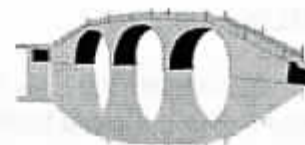
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HEALTH from page 4



After 60, October 2002, pp 4-5, cites a federally-funded United States Preventive Services Task

Force which reports that healthy people should take low-dose aspirin, but only if there is a significant risk of a heart attack within five years. The report of January 2002 was in the *Annals of Internal Medicine*. Also, evidence is mounting that regular aspirin use may protect against colon cancer, lung cancer, gum disease and cataracts.

Those in the test of 50,000 men age 50-65 took 162 mg of aspirin per day for five years. The end result was that aspirin reduced the risk of a heart attack by 28% compared to the placebo group. However, there can be serious side effects—especially bleeding. Ask your doctor.

Medical briefs

Northwest Hospital invites men to take part in a study to find if selenium and vitamin E supplements can prevent prostate cancer. Must have no prior history of prostate cancer and be over age 55. For more information, call 206-963-4636, extension 3. The Northwest Prostate Institute is also conducting a study on the prevention of Alzheimer's (select trial); must be

age 62 or older and in good general health. More information available at 206-368-6491

Source: Northwest Hospital *Medical Information*, October 2002, P. 11.

www.sksr.org

SKSR BULLETIN BOARD



A special thank you

Dear Sno-King Friends,

I can never "thank you" enough for all the flowers, cards, prayers, transportation and food you have given me during my illness. I am still enjoying the special pumpkin bread! You are wonderful friends and I miss you.

Ruthanne Warren

Here's an idea

Have you ever gone down to the waterfront and taken a harbor tour? It's worth the trip and you just might learn a little Seattle history, too! For the Argosy hour-tour the cost is \$14 for seniors, but if you have an Entertainment Book, **two** of you can go for \$14. At that rate, you've saved nearly half of what the book cost you in just that one use.

There are lots of other benefits like that besides restaurants and fast-food places. You could have gone to the Puyallup Fair 2-for-1, the Evergreen State Fair, Civic Light Opera, the ballet, the symphony, any number of theaters and museums (including the Museum of Flight). There are greens fees specials at certain golf courses, free lines of bowling and many other specials.

This book is a real bargain at \$30. Get your copy now—sales end in November. You can call Donna Murrish at 206-363-5753 or e-mail her at dmurrish@aol.com. You'll be glad you did! Remember, sales add to our Scholarship Fund.

Some sad news

Pat Hoban, executive director of WSSRA, passed away at age 62 on October 5. He had been diagnosed with cancer shortly after the WSSRA convention in June. More information about Pat and his contributions to our efforts will be in the next edition of the *WSSRA Journal*. Services have been held.

If you think you might eventually be interested in Long-Term Care insurance, get information now. Waiting just eight years to insure can double your cost.

For no-hassle, comparative quotes from 4 major companies, contact:

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HELP US WITH INFORMATION TO PUT IN THE BULLETIN

The deadline for the next newsletter is 8:00 AM, Sunday, November 17.

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 Mallinowski, 15341 158th Ave NE, Woodinville WA 98072, terrim@accessone.com, 425-483-8344.

Address, phone or e-mail changes should be sent to Donna Murrish, dmurrish@aol.com or 206-363-5753

If you know of illness, please call Sunshine Co-Chairs, Winnie Smith (425-778-3979) or Pat Jones (425-787-2727).

To help with mailing our next *Bulletin* on Tuesday, November 28, call Betty Odle (206-525-8276),

Ellie Bonnano (425-778-0751) or Ruthann Warren (206-367-0742).