

NOVEMBER 1998

President: Don Denton, 425-672-6746 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

*A big "THANK YOU" to PEMCO for again printing our directories. Both PEMCO and the Credit Union have been very good to both students and school employees over the years.*

*Another "THANK YOU" to Betty Odle for her work in compiling the annual directory and the monthly NEWS. She is modest about her contributions to this organization,, but we don't know what we would do without her.*

*Our October Scholarship Luncheon was well attended and again raised a significant sum for our fund which provides three \$1,000 scholarships to prospective teachers each year plus grants to active teachers. We'll do it again in April.*

*For our November meeting, we are pleased to have Major Jim Kalis returning with a slide program on the National Museum of Naval Aviation in Pensacola, Florida and the nearby Gulf Islands. His presentation was so well received last year that we asked him back. Please join us!*

*Don Denton*

### OUR NOVEMBER 19 MEETING FEATURES MAJOR JIM KALIS

Come and bring your friends to the November 19 meeting in the Board Room of the Edmonds School District Office at 20420-68th Ave W, Lynnwood.

We really enjoyed the presentation by Major Jim Kalis last year and we know he will have more interesting information for us this year.

This is a good time to invite a retired school employee who is not a member to show them what a good group Sno-King members are. Check the Membership Committee article to see the benefits of recruiting new members.

Hope to see you at 1:30 p.m. on November 19!

PLEASE CHECK TO SEE THAT YOUR NAME, ADDRESS AND PHONE # IS CORRECT IN THE DIRECTORY. NOTE THAT WE HAVE STARTED AN E-MAIL ADDRESS LIST ON PAGE 67 AND A "SNO-BIRD" LISTING ON PAGE 68. PLEASE LET US KNOW IF YOU WOULD LIKE TO BE ADDED TO EITHER OR BOTH LISTS. CALL BETTY ODLE, 206-525-8276, OR SEND ADDRESS TO HER AT 2137 N 86TH ST, SEATTLE 98103.

### COMING EVENTS

- |             |         |   |
|-------------|---------|---|
| Nov. 12     | 1-3 PM  | Sno-King Board Meeting at AARP Washington State Office  |
| Nov. 19     | 1:30 PM | Meeting at Edmonds School District Board Room, 20420-68th Ave W, Lynnwood. Major Kalis from the Naval Aviation Museum will show slides. |
| December 10 | 1:30 PM | Meeting at Edmonds School District Board Room-Music program   |
|             |         | No Board Meeting in December  |
- NO MEETING IN JANUARY



**MEMBERSHIP EXPANSION COMMITTEE - Don Denton, Chair, 425-672-6746**

WIN A TRIP TO HAWAII, LAS VEGAS, the OREGON COAST, or VICTORIA! WSRTA is sponsoring a contest to bring non-member retirees on board. Since our dues support our efforts to improve the retirement system, we would like ALL retirees to be counted as supporters and contributors. Ask your friends and former colleagues if they are members or check for their names in our directory. If not a member, ask them to join. Send the completed membership form (on page 5) to our P O box. Be sure to include your name so you can be in on the drawing. Your name goes in the box once for each new retired member you get! Look in the last *Journal*, pg. 13 for more information and another form, or call me and I will send a form directly to the person and give you the credit. What a deal.

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

We were sorry to hear that our member, Ruth Woodward, has had a stroke and is now in rehab at NW Hospital. Our wishes for a speedy recovery.

Fran and Richard Cardew are both recovering from surgery. Fran reports they are well enough to attend an Elderhostle in Sun Valley where the highlight will be Dixie Land Band music which they both love.

Our deepest condolences to Carol Randall in the death of her mother. Our thoughts and prayers are with you, Carol.

Lois Grasmick has been "under the weather". Hope she is feeling better.

Just got word that Ken Noreen was on a trip to Europe, but had to be hospitalized in Germany with a very serious infection. We hope that now that he is home he will recover quickly.

Gordie Smith was in NW Hospital for surgery. We hope that he is home recovering by the time he receives this newsletter. Our best wishes for his good health.

Please let our Sunshine Committee know if you are in need of "sunshine" or if you know of any of our members who need a cheery thought.

**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.

Fall dates are: November 4 and 5 and December 9 and 10. Winter dates are: January 13-14, 1999, February 10-11, March 10-11. Spring Dates are April 7-8, 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.

**THE OTHER RSVP**

Yes, there is another. RSVP stands for Retired Senior Volunteer Program. Each of our counties, Snohomish and King have the program. Each county has a number of areas you can volunteer for, but they also have a need for help in the reading program in schools. King County is working in the area of K-3 for reading tutoring and Snohomish County is in the Vista Reading Program. If you can help in King County, Seattle area, call Jennifer Keeler at 206-694-6790, or Richard March, VISTA Volunteer Program Coordinator, 206-361-4338, or in Snohomish County, call Sidnie Hill at 425-290-1270\*400. We surely can handle this area! I will be receiving brochures about the program so call me if you would like a brochure. Bob Jones, 425-787-2727.

**REQUEST:** Do you have a good idea for our yearly community service project this Spring? Please call me with your ideas - we have had a lot a fun working together on these projects.



TRAVEL IDEAS AND TIPS

Terri Malinowski

An enjoyable way to see the Mississippi River or one of its tributaries is aboard the steamboat *Delta Queen*. This old-time paddlewheeler pokes along at 3 to 7 miles an hour, certainly not the speed of a sleek cruise ship. But the pace is very relaxing, and the sights along the riverbank are ever-changing.

Selecting a season to go steamboating is a matter of personal preference. Each season has its advantages and disadvantages. Springtime is fresh and green, and the flowers are beautiful. But the water can run high because of melting snows and ice. Summer is lazy and warm, but the humidity on deck can be debilitating. Fall is full of gorgeous colors, and the air is crisp and sunny. But low water means docking can be dicey, and the steamboat may graze a sandbar on occasion. Winter provides holiday festivities on board and at riverfront stops, but the weather can be a challenge.

Each river rout is full of surprises. Drifting along the lower Mississippi yields glimpses of plantation homes, levee life and gracious hospitality from Memphis to New Orleans. Steamboating on the middle Mississippi means exploring little rivertowns like Paducah, KY, watching enormous bargeloads chuffing busily up and down the river, and docking under the soaring Arch in St. Louis.

Taking the upper Mississippi is a changing landscape of Mark Twain life from Hannibal, Missouri to St. Paul, Minnesota. Fall foliage is particularly striking on this route, and riverfront towns like LaCrosse, Wisconsin meet the boat with a brass band and a red carpet.

There also are routes that wend up the mighty Ohio, Tennessee, Arkansas and Illinois rivers to offer new delights viewed from a riverside instead of a freeway at stops like Evansville, Indiana., Little Rock, Pittsburgh and Nashville.

The steamboat company operates the newer, more modern *Mississippi Queen* and *American Queen*, too, whose passenger capacities run slightly over 400. But nostalgia buffs favor the *Delta Queen*, capacity 175. There is something special about lolling on deck chairs and occupying Victorian-style cabins (now air-conditioned, however!) that have hosted passengers from an era 70 years ago. And the traditional calliope on the top deck regularly gets a workout.

The food is diverse, and dinner always provides a choice of a New Orleans special, a down-home course, a gourmet offering and a heart-healthy entree like grilled chicken or baked walleye pike. Breakfast and lunch are open buffet, but menus also include specialties that can be ordered.

Activities aboard range from kite-flying off the upper deck and trivia quizzes in the lounge...to dixieland and jazz concerts before dinner and New Orleans shows after dinner. Passengers can visit the engine room anytime, tour the kitchen and see the pilothouse.

A "riverlorian" travels on each cruise...a person versed in the history and lore of the river who provides daily lectures and wanders about the decks answering questions. And a riverfront docking sometimes offers unexpected activities that are under way in the towns (festivals, fiestas and Charles Dickens caroling, e.g.).

The three steamboats operate nearly year-around, and cruises range from 3 to 14 days in length, depending on the routes. A call to the steamboat company in New Orleans, 1-800-618-9657, brings a colorful brochure if you're interested. Or travel agents can make arrangements for you. And, as flexible retirees, we sometimes can reap the rewards of booking at the last minute and obtaining lovely accommodations at bargain prices!

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

RETIREMENT PLANNING - Phyllis Enger, Chair - 425-486-1127

It is never too early, or too late, to begin planning for your retirement. Sno-King is again preparing to present a Retirement Seminar, beginning January 13, 1999. Sno-King School Retirees, together with Edmonds, Northshore and Shoreline School Districts, have been presenting these workshops for over twenty years.

The dates for this school year are: January 13, 1999, January 20, 1999, January 27, 1999 and February 10, 1999. They will be held in the Edmonds School District Board Room at 7 pm on Wednesdays.

Applications will be available through your Human Resource Department, or you may call Phyllis Enger, 425-486-1177 for more information. Save the dates!



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

**GET YOUR FLU SHOT NOW** - Free under Medicare and most insurance coverage - call your doctor's office to be sure supply is OK, usually no appointment is necessary, nurses give the shot for this combination of vicious bugs.

**FEWER HAVE HEALTH INSURANCE** The number of Americans without health insurance rose to 43.4 million last year, an increase of 1.7 million from 1996. **HEARLY HALF OF POOR FULL TIME "working poor"** did not have insurance in 1997. Those who are working generally have low paying jobs that do not provide insurance, but they make too much to qualify for Medicaid, according to the US Census Bureau report, Oct.'98. Other groups most likely to be uninsured are those with little education, part time workers, and the foreign born.

**GOOD NEWS ON TREATMENT OF HEART DISEASE** - fewer Americans are dying each year from heart disease, because more people are taking drugs to control their cholesterol or blood pressure, and more people recognize the early warning signs and get to a hospital, according to Dr. Valentin Fuster, President of the American Heart Association. The Study in the New England Journal of Medicine, Sept. '98 found deaths fell 28 percent among men and 31 percent among women from 1987 to 1994. (Probably even better in '98.)

**AND MORE GOOD NEWS** -Do you know about the Framingham (Mass.) study - a 50 year project on the causes of heart disease? Begun in 1948, couples were asked to volunteer to have a free checkup every two years so doctors could monitor their heart functions. In all, 20% of the town's population - 5,209 healthy young residents signed up. Now, 50 years later Dr. Daniel Levy, the study's fourth director said "I'd like to think that the work from Framingham really has changed the lives of Americans and contributed to the public health of our Nation". **WHAT AN UNDERSTATEMENT! IT SURELY IS ONE OF THE MOST SIGNIFICANT MEDICAL ACHIEVEMENTS EVER!** When the study began, doctors thought any cholesterol level under 300 was OK, blood pressure was supposed to be 100 plus your age because older people needed higher blood pressure to keep from having fainting spells and strokes - just a necessary part of aging! Fortunately, this and other studies have added scientific evidence that high blood pressure appears to trigger heart attacks but both blood pressure and cholesterol levels can be lowered with drugs, diet and exercise. The same study continues today, with most of the surviving members of Framingham. A new section has been added - the Omni Study of about 1000 non-white Framingham residents are taking part on this ethnic phase. "It's a badge of Honor" says Dr. Christopher O'Donnell, one of the study directors.

**UPDATE ON BRACHYTHERAPY** - As reported in this column last year, Northwest Hospital staff, Seattle, has developed a process for treating prostate cancer by injecting tiny seeds of radioactive material to shrink the cancer from within, with few problems of incontinence and impotency. The most recent study was of 152 men ten years after treatment, and 64% were totally free of the disease. The study was published in the Journal Cancer (Sept '98) and is the first to observe brachytherapy patients for a full 10 years, according to Dr. Haakon Ragde, of Northwest Prostate Institute who states, "This is just as effective as the best surgical results and is more effective than conventional radiation beam results".

**GOOD NEWS ON RHEUMATOID ARTHRITIS** - Seattle based Immunex has applied for FDA approval of a drug called Enbrel which has helped 62 percent of the 234 sufferers in the studies. More than two million patients have this problem, where their immune systems attack their joints, causing inflammation and stiffness. This is not the kind of arthritis caused by wear and tear in aging patients.

**By now those already in the PEBB system will have received information about the medical insurance open enrollment period. READ IT CAREFULLY. Some plans have changed names or are no longer offered! If your plan has been deleted and you fail to pick a new one by Nov. 30th, you will be dropped from the system and not allowed to return. If you are in doubt about choosing another supplier check the Benefit Fair schedule that was enclosed with your packet from the Washington Health Authority. You should be able to get all your questions answered.**

**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'll show you the new State Long Term Care plan, plus alternatives from 4 major compaies.. Don Denton (425) 672-6746.**

Acceptance of this advertising does not imply Sno-King School Retirees endorsement of this product or program.



**TREASURER'S REPORT - Donna Murrish, 206-363-5753**

It was a swell party, our fall scholarship luncheon! Fifty members and two guests were in attendance for a couple of hours of good food, fun entertainment, and some great socializing. Besides, it was a successful venture for adding to the scholarship fund coffers. As President Don would say, "where else can you bring the food and then pay to eat it? Such a deal!" We realized \$261 for the fund (\$250 plus \$11 in extra donations).

Lyle Bickford and Reg Harris entertained us with some great old tunes played on piano and banjo.

We're doing very well with the Entertainment Books, also. If you haven't ordered yours yet, better hurry! So far this year, \$224 has been added to the scholarship fund through sales of these books.

**MINI GRANTS FOR ACTIVE TEACHER MEMBERS**

Mini Grant Chair, Rita Requa, and her committee, Ellie Bonanno, Andrea Boushey and Ruthanne Warren announce the following recipients of this year's grants: Dean Jamieson, Westgate Elementary in Edmonds; Doris Fulton, Hilltop Elementary in Edmonds; Julia Sischo, Librarian/Media Resource Specialist at Highland Terrace Elementary in Shoreline, and Kathleen Cameron and Sharon Carson of Highland Terrace Elementary. Information about the grants and the teachers receiving them will be in the December newsletter. Congratulations to the winners!

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

We are planning a guided tour of the new Benaroya Hall on Friday, November 6 at 11:00 AM We will meet at the hall at 10:50.

Metro Bus #307 is a good way to go downtown and save parking costs. If riding the bus you should get off at University Street.

Call Barbara if you are interested. Those who have been there have been really excited about the facility.

**INTERESTED IN BEING A PART-TIME THEME READER?**

The Shoreline School District is seeking retired teachers from Shoreline, Edmonds or Northshore who would be compensated for reading themes at home, written by middle school and high school students.

Call Steve Pearse, secondary language arts coordinator for Shoreline Schools, who can provide specifics about compensation, time, and guidelines. He can be reached in the mornings at Shorewood High School, 206-361-4372, where he teaches sophomore and senior English classes.

After lunch, he's at the Shoreline Administrative Center where his phone number is 206-367-4328, ext. 4451. His e-mail address is [spearse@slc.shorelin.wednet.edu](mailto:spearse@slc.shorelin.wednet.edu).

# Entertainment '99

1999 Entertainment Books are here! Get yours early and start taking advantage of some of the great offerings. Besides many really fine restaurants, there are savings on ball games, opera, Seattle Symphony, the Rep Theater, etc., etc. Or how about a trip to Victoria on the Clipper? The price of your book which is \$40, can more than pay for itself in no time at all! Remember, we get \$8 per book going to the Scholarship Fund.

Christmas is coming fast! Get a head start on your shopping! Call me or use the form below. I can supply you with as many as you need! Donna Murrish, Sno-King Treasurer, 206-363-5753.

## NEWS OF OUR MEMBERS

Evelyn and Bob Nordeen just returned from a twenty-one day trip in their motor home to the mid-west for Bob's 50th High School Reunion in Dekalb, Illinois. States they visited included Idaho, Montana, Wyoming, South Dakota, Minnesota, Iowa, Wisconsin, Illinois, Kansas, Colorado, Utah, and Oregon. Great weather, scenery and good times!

News deadline for DECEMBER Bulletin is NOVEMBER 19, 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 Don Denton, 425-672-6746 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.

Sno-King School Retirees  
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