

Sno-King School Retirees



October 2001

The SKSR Bulletin

A message from our president

Here we go again!

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

I don't need to tell you it's fall again, and school has started. We are all missing the meetings for "The Word of the Year," all the new programs with catchy phrases but doing almost the same old things as before, recess duty or hall duty, fund raising, finding the committee you have to be on that doesn't take a lot of your time and of course those wonderful faculty meetings. OH YEAH! GIVE ME A BREAK! Well anyway, if you want to do those things you can go back and teach up to 1,500 hours per fiscal year for retired members of TRS Plan 1, and PERS Plan 1 can work 1,500 hours per calendar year and not lose your retirement. That's after you have retired for one whole month. As I said last month, we do have meetings, committees, and activities for personal likes, except, they are for us and whatever we want to do. And for as much or little time as we wish to contribute. If we all do a little, much gets done. We need help in all areas in Sno-King to better the life of all. Later in this issue you should find something about the new membership three-prong approach.

Some of you know these articles are written the first of the month for the newsletter and are printed at the last of the month. As I sit and think about what to say after the horrific Tuesday in New York and Washington, I believe whatever I say it will have been said before you read what I believe. So I decided to leave the first paragraph as it is and try to make some comments. As I see it, the enemy thought it would bring our great nation to its knees. Well it did but not in the way it believed it would. We are on our knees praying to our God for His strength and guidance. How many times have we heard, said, or sung *God Bless America; Oh, God, help them and me; or In God We Trust?* That is where our power is, from above and uniting together as one. No longer do we hear "I and mine" but rather "us and we" We have a strong and great nation and we will keep it.

Bob Jones, President
Jack Rogers, Past President/Legislative
Sharon Carson, Secretary
Dave Johnson, Treasurer
Terri Malinowski/Alice Bingaman, Communications
Bob Jones, Community Service
Donna Murrish, Directory
Gordon Bowers, Health Services
Barbara Berg/Phyllis Enger/
Ruth Woodward, Member Services
Don Denton, Membership
Wes Grande, Retirement Planning
Rita Requa, Education/Grants
Betty Odle, Historian/Picnic Coordinator
Marilyn Alaniz/Marlene Johnson, Hospitality
Rachel Lake, Mailing
Ellie Bonanno/Ruthanne Warren, Phone
Linda Fitzgerald/Keith Lindaas, Scholarships
Mary Ellen Gardiner, Scholarship Correspondent
Gayle Bromley/Fran Peters, Sunshine
Jo/Bruce Caldwell, Bulletin Editors

see **PRESIDENT** on page 2

YOU'LL FIND INSIDE

President's Message 1
 Calendar of Events 2
 Health Tips 4
 Travel with Terri 5
 Scholarship Luncheon..... 6
 Grants for Actives 7
 Remembering 9
 Membership 10
 Bulletin Board 10
 Members on the Move 12

PRESIDENT *from page 1*

On a brighter note, we are working on an updated web site, which will be easy to maintain and keep current. No longer will we need someone who knows html language to be a webmaster. In just a few days now, maybe even as you read this, you can go to the site, read the latest newsletter, find out pending legislation and suggested action you might wish to take, board minutes, links to health and welfare and more. Jack Rogers and my son Jeff have been working by phone and e-mail to get this together. It will be something we can really use and be proud to show to others.

America! America! God shed His grace on thee, and crown thy good with brotherhood from sea to shining sea!



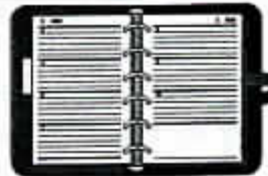
For all your real estate needs call

Marilyn Irwin

Windermere Real Estate/H.H. Inc.

425-672-1118—206-300-4438

Acceptance of this paid advertisement does not imply SKSR endorsement



MARK YOUR DATEBOOK

Coming Events for Sno-King School Retirees

October 18 Scholarship Luncheon
 Edmonds Unitarian Church
 Joel Mattson, *Songs and Legends of Alaska*

November 15 General Meeting
 Edmonds Service Center
 United Way, Basic Wills and Estate Planning

December 13 (tent) Legislative Breakfast
 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 Joint 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!

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

*The Sno-King School Retirees
Board joins with all Americans*



*in reaching out
to those touched by the
devastating tragedy of
September 11, 2001.*



*We especially acknowledge and
thank all of those individuals
who made the ultimate
sacrifice to help those in need.*

*God bless America—
our home, sweet home.*

Health tips for you

From tea to your heart

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

Have a cup of tea

The Mayo Clinic urges all of us to make tea a daily habit because studies have shown that among other benefits, tea drinkers tend to have lower rates of cardiovascular disease and cancer. Also, the more tea consumed, the lower your cholesterol level.

The Chinese have used tea as a medicine for 4000 years, all from the leaves of one type of bush, *Camellia Sinensis*. Green tea is from fresh



leaves, dried and steamed immediately after harvesting; black tea is made when the leaves are fermented and dried; Oolong tea is from partially fermented and then dried.

Tea leaves from this bush have a high content of flavonoids, which are a type of antioxidant. Herbal teas are different and do not give the same health boost. Clinical studies over a long period of time are rare, but one study in the Netherlands of 3400 men and women found that cardiovascular problems were significantly lower in those who drank four cups of tea per day. Let's have tea! Information from the *Mayo Clinic Health Letter*, September 2001, P 7.

Good news for older drivers

The Insurance Institute for Highway Safety says, "Take a bow!" You have long been considered unsafe drivers, but the Insurance Institute used statistics from The National Personal Transportation Survey that showed people over 65 accounted for 17 percent of the population and 14 percent of licensed

drivers, but were involved in only 8 percent of police-reported accidents. Younger drivers age 16 to 24 had the highest accident rate, more than double the rate of older drivers. It must be pointed out that older drivers drive fewer miles, stay off busy roads at rush hour whenever possible, and drive less at night. Source: *Washington Post/Associated Press*, September 6, 2001



see HEALTH on page 7

Later Years Options, Inc

Providing family support services for declining health and increasing disabilities among the elderly

What we offer:

- § **Placement**—housing alternatives: Assisted Living, Memory Care Facilities, Adult Family Homes, Nursing Homes.
- § **Consultation**—active listening to match personalities, care strategies and family needs.
- § **Funding Strategies**—the best use of resources as well as personal asset protection.
- § **Resource Network**—vast information sources and contacts to meet your needs, multi-disciplinary approach for the right solution.

A Statement of Intent:

To provide support with compassion, understanding and intelligence through exemplary response and leadership with the highest professional standards of practice and affiliation.

Free 15-minute telephone consultation.

Call: 425-774-0095

Web site: LaterYearsOptions.com

Acceptance of this paid advertisement does not imply SKSR endorsement

Arizona Vacation Rental Home

Beautifully furnished southwestern style patio home, perfect for a snowbird getaway, a golf vacation, Mariner spring training or a summer jaunt to the Grand Canyon. Two bedrooms plus den, fully furnished, with walled-in double patio back yard. Private and peaceful. Beautiful neighborhood pool and spa a block away. Lots of walking/biking trails. Located near Scottsdale in the lower foothills of Fountain Hills. **Winter season:** \$3,000 plus deposit.

Summer season: \$2,000 plus deposit.

Call Cindy @ 425-867-8950

Acceptance of this paid advertisement does not imply SKSR endorsement.

Traveling with Terri

To travel or not to travel; that is the question (with apologies to William Shakespeare)

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

You've probably guessed that my husband and I are inveterate travelers. Mostly, we've planned our own trips and traveled solo or with friends. On a few occasions, we've joined tours when we've been uncertain about our abilities to maneuver in an undeveloped area or where language difficulties may present a barrier, as in Eastern Europe.

Only once in our 28 years of traveling have we had a sense of danger while on our own. That was when we were in Florence, Italy, during an April spring break with our daughter and her close friend, both 17. We awakened one morning to discover that the United States had bombed Libya and inflicted casualties. As we made our way along the streets to an art gallery (we wanted the girls to see Michelangelo's sculpture of "David"), noisy groups carrying signs were beginning to march along the narrow lanes.

By the time we emerged from the gallery, protesters carrying inflammatory banners had filled the piazza as they chanted the Italian equivalent of "Down with America!" and "America is evil!" The girls became frightened, and we nervously shepherded them back toward a quieter area. That evening, instead of continuing to Rome as planned with our rail passes, we turned toward Switzerland and finished our travels there.

Now we face a similar decision of a different sort. As I write this column in September, it has been four days since the September 11 *attack on America*. The deaths from that horrific day are still being tallied, and emotions are running high. Americans are uniting as they have not done for years. But there is a sense of danger yet, and of possible repercussions here and abroad. Friends of ours are stranded in Europe, unable to return from a vacation to, ironically, Florence and Rome.

A school retiree friend and his wife had planned

to leave September 23 for a long-desired cruise of the Mediterranean and tour of the Middle East. They have never traveled beyond the U.S. borders and were understandably skittish anyway. When I talked to them this week to find out their plans, they told me they had cancelled the trip. "Wouldn't you?" they queried nervously. "Of course," I assured them.

And, indeed, we had considered doing that very thing. We are in the beginning stages of planning a month's stay next June in the Alsace area of eastern France, across the Rhine River from the Swiss and German borders. Our daughters and their families will rotate through in one- and two-week intervals as their vacation periods allow. This is the area where my ancestors lived until the 1600s before emigrating to America. This is where my husband's ancestors lived until their departure in the mid-1800s. Our family has longed to walk the roads and see the land of our roots. So it was that, scant days before, I placed a deposit on a three-bedroom cottage in the small French village of Beblenheim, midway between the Alsatian towns of Strasbourg and Colmar.

These weeks of early October then were set aside to consider and perhaps schedule our air travel, French train passes and car rental while 2001 prices prevail. But the events of September 11 brought us to a halt. Do we cease preparations? Do we cancel the long-planned journey? For several

see TRAVEL on page 7

**YOUR HANDY-DANDY MAN
AND AUTO BODY REPAIR**
is just a phone call away.

*I have several Edmonds district
employees as references.*

Call John Casebeer at 425-672-7087

Acceptance of this paid advertisement does not imply SKSR endorsement.

Advanced Level Nutrition

Are you giving your body the best possible defenses against chronic degenerative disease?

Be proactive about your health

JoAnn Mansfield

425-923-6454—jdmvista@home.com

Includes nutritional skin care and weight management

Acceptance of this paid advertisement does not imply SKSR endorsement.

**I can help you with your painting needs.
27 years experience painting during
"summer" vacations.**

References, free estimates, license, bonded.
Serving the North end.

Warren Moore—425-485-4570

Acceptance of this paid advertisement does not imply SKSR endorsement.

Scholarship Luncheon—October 18, 2001

What?

We look forward to seeing many of our members and their friends at the Scholarship Luncheon, at noon on Thursday, October 18, at the Edmonds Unitarian Church, 8109-224th SW, Edmonds. We always have wonderful food prepared by our members. The fall luncheon features Sno-King cooks' special salads and hot dishes.

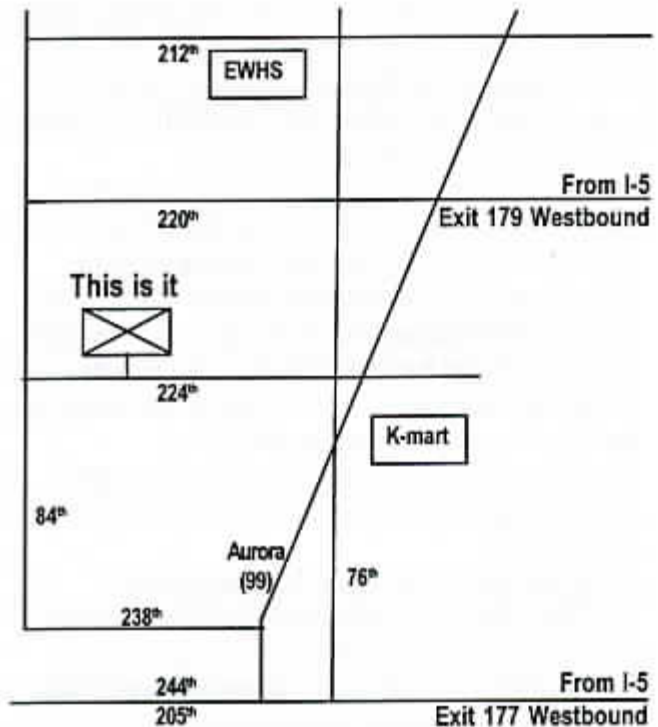
Please call Cheryl Bickford, 206-363-2731, or Betty Odle, 206-525-8276 by Monday, October 15 for luncheon reservations (\$5 donation). If you would like to contribute food for the luncheon let Cheryl or Betty know when you make your reservations.

If you are not able to attend the luncheon but would like to support the scholarship fund you can make a donation to the Sno-King School Retirees' Scholarship Fund. Simply send in the form below, along with your check.

The program for the luncheon, *Songs and Legends of Alaska* by Joel Mattson, promises to be a fast-paced entertaining program of song, poems, sayings and legends. Bring your friends—this is a good time to invite one of your newly retired co-workers.

Where?

Edmonds Unitarian Church
8109 224th SW



How can I help?

SCHOLARSHIP FUND

Remember, we will take donations to the Scholarship Fund at any time. Simply use the form below to send a check and we will use the funds toward this year's scholarships.

The purpose of the SKSR Scholarship Fund is to assist carefully selected graduating seniors majoring in education from Edmonds, Northshore and Shoreline School Districts in reaching their goals. Contributions are tax deductible.

Enclosed is a contribution of \$ _____ As a special gift _____

OR in memory of _____

OR in honor of _____

on the occasion of _____

Please send acknowledgment to

Name _____

Address _____

Donor's name _____

Address _____

Make check payable to *Sno-King School Retirees' Scholarship Fund*.

Mail to
Sno-King School Retirees
PO Box 33962
Seattle WA 98133-0962

HEALTH *from page 4***Memory is the thing you forget with**

Success comes in cans. Failure comes in can'ts.
Hope Health Letter, September 9, 2001.

A family record

Knowing and recording your family health history may help to alert you to your own risk and take measures to prevent the same type of health problem. In my family, medical records were hard to find, and accuracy about cause of death was usually old age, normal causes, heart attack, etc. Though plain guesses, and not very helpful for tracking gene mutations, such information is still important to your primary care physician and to your children, grandchildren and on. From the *Mayo Clinic Health Letter*, September 2001, pp 4, 5.

Gene therapy

A gene has been found that could help a million adult Americans and 100,000 children who suffer from Crohn's disease and ulcerated colitis. These two diseases/disorders are known as inflammatory bowel disease (IBD). Scientists say this inherited gene becomes mutated, triggered by some digestive tract microbe and for some unknown reason allows the body's immune system to attack the intestinal lining, causing severe inflammation. The result is often a painful, irritating series of trips to the bathroom. General health can deteriorate, malnutrition sets in, and one's lifestyle is totally changed.

There is no cure, but medications can clear up the problem. The same condition, however, occurs perhaps months later. In extreme cases, surgery to remove the entire colon calls for an abdominal opening and a bag to catch waste from the small intestine. Though not usually fatal, the disease can be distressing to all the family as well as all offspring who may have inherited that gene.

Scientists hope this discovery of the guilty gene will lead to a vaccine, cure or other solution. Count your lucky stars. Information from an article by Judith Blake, *Seattle Times*, August 14, 2001, P. E-3.

Bright idea

Vertebroplasty, developed in France in 1984, and has been used in the US about ten years. The procedure uses cement injected between the vertebra to repair broken segments and reinforce cracked bones. The cement sets up in about 10 minutes, so repair can be done on two vertebrae in one hour and the patient goes home in two hours. From an article by Mary Beth Faller, *The Stamford Advocate/Seattle Times*, September 2, 2001, P. J-3 and *New England Journal of Medicine*.

Another bright idea

Heart repair of several types—new valves, pipes—are common. But until now heart specialists had assumed that the heart could not form new cells to heal itself; that any damage was irreversible. Now, researchers have discovered that damaged hearts can heal themselves by growing new muscle cells.

This discovery opens new kinds of therapy. Dr. Eduardo Marban of John Hopkins University and Chairman of the American Heart Association Council on basic cardiovascular sciences said, "In a few years, heart attack patients might routinely be given injections of their own laboratory stem cells to stimulate growth of new heart muscle." Information from *Johns Hopkins Health Letter* and an article by Stephanie Nano, *Seattle Times*, June 7, 2001.

TRAVEL *from page 5*

days, the answer was "yes." By the time you read this, these questions could be academic. We don't know what is ahead.

But, at this point, we are filled with the same resolve that has galvanized many Americans. These terrorists will not paralyze us with fear and anxiety. We may delay further planning at this time, but we are still committed to being in rural eastern France by late June. What do you think? Have you similarly delayed or cancelled your travel plans? Or are you on your way?

Especially for Actives**Sno-King School Retirees Grant Program—Grants Now Being Accepted**

Each year, grants of up to \$200 are available to active members (not retired) for the purpose of providing funds for materials, programs, etc. not funded by the school. In the past, grants have been used to purchase special tee shirts, caps, books, materials for special projects (e.g., clocks for chess, rocket engines), consulting from working artists, science materials and field trip expenses.

The application process is simple. A paragraph is all that is needed. Include name, school, address, phone number, grade level, amount requested, and how money will be used. This can be sent via e-mail to rrequa@earthlink.net or via US Mail to Rita Requa, 19121 Ballinger Way NE #102, Lake Forest Park, WA 98155.

Application deadline October 31. Grants will be awarded by November 9.



18315 Bothell Way NE
Bothell, WA 98011

425-489-6041
Fax: 425-489-6499

POSITION ANNOUNCEMENT

Rater for Washington Alliance for Better Schools Scoring Center—(Non-profit 501 (c) (3))
Time is flexible (number of days and dates vary due to scoring needs in various school districts)

Location:

Working space is usually in Anderson Building, Northshore School District, although needs of school districts are considered.

Qualifications:

- Knowledge of Holistic Scoring and Six-Trait Writing Model
- Understanding of the use of rubrics to evaluate writing
- Understanding of the writing process
- Strong skills in conventions (spelling, punctuation, capitalization, grammar, and usage)

Education and Experience:

- Degree in education, technical writing, or journalism or college classes with strong writing experiences
- Work directing instructional activities at an elementary, junior high and/or high school level under the supervision of a qualified teacher or principal assisting students in areas of language arts.
- Writing experience in the workplace
- Volunteer work with students in the classroom or writing center

Duties and Responsibilities:

Evaluate student work in writing on a part time basis by:

- Rating papers consistently according to rubric
- Willingness to learn
- Working well with a group
- Availability for short-term projects as needed

Salary:

Starting salary is \$12.00 per hour. Number of hours is dependent upon scoring center contracts from school districts. Calendar available upon request.

Closing Date for Applications:

October 30, 2001, or until filled

Application Procedure:

Submit short resume to:

Eunice Smith, Coordinator for Scoring Center
5403 101st Street SW
Mukilteo, WA 98275
425-347-2003

Acceptance of this paid advertisement does not imply SKSR endorsement.

Remembering . . .

Alma Buxton, long time Edmonds School District teacher, passed away on August 11. She would have been 91 on September 16. She was born in Winetoon, Nebraska.

After graduating from high school, Alma attended the universities of Nebraska and Washington. She taught all grades in a one-room schoolhouse in rural Nebraska and continued with her formal education after she came to our state.

She and her husband, Erwin, provided foster care and day care for over 100 children. The "core family" was always about 10 boys and one girl besides their own son, David.

She taught at the elementary level in the Edmonds School District until her retirement. Alma was one of the first recipients of the district's Living Legends award in 1985. She had also received the PTA Golden Acorn Award.

After retirement, Alma continued helping children learn as a tutor in her home. She was an avid homemaker, gardener, needleworker and pinochle player. In her later years, she became a devoted Mariner fan.

Cicely Cirqui, retired curriculum consultant and teacher from Shoreline, passed away August 15 after a long struggle with brain cancer.

She taught at Lake Forest Park and left teaching to raise her children, where she was active in PTA and served as president of the Echo Lake PTA.

When her children were raised, Cecily returned to the Shoreline District as an ESL teacher, eventually heading that program and became a curriculum supervisor before she retired a few years ago.

Cecily was an avid University of Washington Husky fan.

Barbara Martin, Meadowdale Middle School retiree, was killed in the tragic airplane accident that claimed the lives of 16 Husky fans and the crew of three. She had been on the Husky cruise which was to end with the UW-Miami game before the terrorist attack postponed the game.

Barbara was the wife of retired Meadowdale teacher and current Meadowdale coach, Ron Martin, who had foregone the trip to Miami because of his coaching commitments.

She had taught her entire career at Meadowdale Middle School, occupying only two classrooms during that time. "Students just adored her," said Candi Reeves, a friend and also a coach at Meadowdale. "She expected a lot from students in her English and social studies classes, and they loved her for it."

"She was a real taskmaster," Ron said of her. "She really liked the kids."

Though the Martins had no children of their own, in reality they had thousands.

Fred Matteucci, a 2001 retiree from Shorecrest High School in the Shoreline School District, was killed in a horrible accident August 15. He was working under his van when the jack collapsed and Fred was crushed to death under the weight of his vehicle.

Just a month earlier Fred had been one of the honorees at the annual SKSR picnic at Kenmore Park. At that Sno-King picnic, Fred told of his anticipation of many fishing trips with his grandsons.

During his teaching career, Fred was active in the Shoreline Education Association, serving as bargainer and president. He was also involved in the state professional geography organization.

www.skrsr.org

Our membership chair speaks
New retiree?

by Don Denton, 425-787-7881

Recent retiree non-members: this complementary copy of our Bulletin is another reminder that we would like you to join us in working to improve our retirements. If you haven't already done so, please complete the membership form found on this page and mail it to our PO box address. Or call me, and I'll send you a stamped return envelope.

Remember that our very affordable \$4.00 dues support our state and local efforts to improve retirement benefits. Those over 66 now receive the ever increasing COLA and all of us under 65 with a PEBB medical plan are subsidized by over \$135 per month, each. Yes, it could be worse! And, for those over 65, the Medicare subsidy is now increasing annually. We are currently working to receive a more equitable portion of the excess earnings from "our" state retirement fund and to stop the state from raiding "our" fund to balance the budget.

Current Members: Why not bring a non-member to our October Scholarship Luncheon? It is a great way to keep in touch.

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.

For no-hassle, comparative quotes from four major companies, contact Don Denton.

425-787-7881
dondenton@jps.net

Acceptance of this paid ad does not imply SKSR endorsement

SKSR BULLETIN BOARD



SKSR needs YOUR E-mail

Changing times and changing technology have made e-mail a speedy and painless way to communicate. SKSR would like to complete its directory information with all retirees' e-mail address. Please send yours by e-mail to: **dmurrish@aol.com**

Can you help others?

Younger seniors with extra time and the desire to provide help to older persons who find daily tasks increasingly more difficult may want to get in touch with Senior Companion Program, 1-800-335-8433. I am currently helping two older people with the mounting junk mail that accumulates. Sometimes all that is needed is a supportive person to give reassurance that daily life skills are being done correctly. There are many people living alone without close relatives nearby and whose long time friends are no longer around for one reason or another. A ride to the store, bank or doctor may be appreciated by someone not driving himself or herself.

submitted by Barbara Berg, Member Service Chair

Membership form for retirees

DUES DEDUCTION AUTHORIZATION FORM
WASHINGTON STATE SCHOOL RETIREES ASSOCIATION

Please Print or Type 4726 Pacific Ave S.E., Lacey, WA 98503-1216

Name _____ Local Unit No. 23
(LAST) (FIRST) (INITIAL)

Address _____

Retirement Plan: (CIRCLE) TRS-1 TRS-2 TRS-3 Phone _____

Month/Year of Retirement _____ S. S. Number _____

Name of Local Unit Sno King Leg. Dist. _____ Cong. Dist. _____

I authorize the Washington State Department of Retirement Systems to deduct the following dues and any future increases as voted by the membership from my monthly retirement allowance and to pay such deduction to the Washington State School Retirees Association.

Should I wish to cancel ensuing deductions I will send a written notification of cancellation to Washington State Department of Retirement Systems and WSSRA.

DUES: State \$3.00 Local \$1.00 Total \$4.00 per month

Date _____ Signature _____

Membership form for current school employees

AUTOMATIC PAYROLL AUTHORIZATION FORM
WASHINGTON STATE SCHOOL RETIREES ASSOCIATION

Please Print or Type 4726 Pacific Ave S.E., Lacey, WA 98503-1216

Name _____
(LAST) (FIRST) (MIDDLE)

Address _____
(STREET) (APT. #)

(CITY) (STATE) (ZIP+FOUR)

Retirement Plan: (CIRCLE ONE) TRS 1 2 3 PERS 1 2 3 SERS

Phone _____ S. S. Number _____

Name and Local Unit No. Sno King Unit 23 Leg. Dist. _____ Cong. Dist. _____

I authorize School Dist. # _____ (name) _____ and upon my retirement, the Washington State Department of Retirement Systems to deduct the following dues and any future increases as voted by the membership from my monthly paycheck, or WSDRS benefit check, and to pay such deduction to the Washington State School Retirees Association.

DUES: State \$3.00 Local \$1.00 Total \$4.00 per month

Date _____ Signature _____

Please copy the above forms and give to potential members.

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. 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.

2001 dates

October 3 and 4
November 7 and 8
December 5 and 6

INVESTMENT ADVICE

Looking for a sure way to get a great return on a small investment? Invest just \$40 for an Entertainment 2002 book! It's valid right now, until November 1, 2002. Use it two or three times and it's paid for itself. Use it even more and you're an instant financial wizard! With an Entertainment book, you'll get 50%-off and 2-for-1 discounts on dining, movies, theatre, special events, shopping, services, travel...virtually everything! Why pay full price when you can save with Entertainment 2002? To order your Entertainment book, call Donna Murrish at 206-363-5753 or send an e-mail to dmurrish@aol.com.

Remember why you became a teacher? So do we.

Good teachers needed! You love to teach. And at Sylvan, that's just what you get to do. Right now, we have after-school employment opportunities in communities throughout the Snohomish area for certified teachers of all grades. Our programs were developed by educators, and our 3:1 student-to-teacher ratio allows you to give each student personalized attention. The results speak for themselves. Last year, Sylvan helped more than 175,000 students dramatically improve their reading or math skills. Find out more. Call today.

221 SE Everett Mall Way, Ste. M-1
Everett, WA 98208
Telephone: (425) 348-6767
Fax: (425) 513-8377
Email: sylvan218@sylvannw.com

3333 184th Street SW, Ste. M
Lynnwood, WA 98037
Telephone: (425) 774-3922
Fax: (425) 775-6475
Email: sylvan202@sylvannw.com

1411-3 Avenue D
Snohomish, WA 98290
Telephone: (360) 568-2600
Fax: (360) 568-5056
Email: sylvan223@sylvannw.com



**Sylvan
Learning
Center®**

Success is learned.™

Join Sylvan and help kids achieve success!

Accredited by



*Northwest Association of Schools
and Colleges*

Acceptance of this paid ad does not imply SKSR endorsement



Sno-King School Retirees
P. O. Box 33962
Seattle WA 98133-0962

**PRESORT
 STANDARD
 U.S. POSTAGE
 PAID
 Permit #6835
 Seattle, WA**

ADDRESS SERVICE REQUESTED

HELP US WITH INFORMATION TO PUT IN THE BULLETIN

The deadline for the next newsletter is **Sunday, October 14 at 8:00 AM.**

Send news and other materials to

Jo or Bruce Caldwell, PO Box 1117, Edmonds WA 98020, sksr@wmea.org, 425-778-9390 fax 425-776-1795

Please send TRAVEL news to **Terri Malinowski**, 15341 158th Ave NE, Woodinville WA 98072, terrim@accessone.com, 425-483-8344.

Please send us news about other members as well as about your activities.

If you know of illness, please call Sunshine Co-Chairs, **Gayle Bromley** (206-364-1314) or **Frances Peters** (206-361-8594)276),
Ellie Bonnano (425-778-0751) or **Ruthann Warren** (206-367-0742).

SKSR on the move

Change of Address

- Pg 21 Klingler (Leming) Dena J..... 22540 SE 37th Terrace, Issaquah 98029-6293, 425-392-2541, djokling@mindspring.com
- Pg 27 Miller, James E PO Box 1243, Langley 98260-1243, jmillier@pugetsound.net
- Pg 41 Vickery, Carolyn & Bill..... PO Box 13904, Mesa, AZ 85216-3904

New Members

- Pg 6 Cary, Gretta M 8913 192nd St SW, Edmonds 98026-6129
- Pg 16 Hansen, Norm R 17050 Hamlin Rd NE, Lk Forest Park 98155-5530
- Pg 25 Marquess, Helen R 725 W Eleanor Pl, Peoria, IL 61604-3441
- Pg 32 Reaber, Charlotte L PMB 148, 117 E Louisa St, Seattle 98102-3203, 206-285-3804
- Pg 38 Stacy, Galen H..... 7909 64th St SE, Snohomish 98290-6039

Deceased

- Buxton, Alma August 11, 2001 Edmonds School District
- Cerqui, Cicely August 15, 2001 Shoreline School District
- Martin, Barbara E September 13, 2001 Edmonds School District
- Matteucci, Fred August 15, 2001 Shoreline School District

Need Address

Donna Lakey
 Jane Leech