



OCTOBER 1986

**BULLETIN**

**PRESIDENT'S MESSAGE**

The big news this month is our Fall Scholarship Luncheon on October 16 at the Edmonds Unitarian Church. We hope to see many of you there with your friends. There is more information on the luncheon elsewhere in this Bulletin.

We extend a hearty welcome to three new members: Genevieve L. Hammitt, Iola Martin, and Ruthanne Warren. We hope that they will continue to attend our meetings to make new friends and renew old acquaintances.

Have you paid your 1986-87 dues yet? If not, for your convenience there is a membership form in this Bulletin. Please use it for the automatic deduction plan or for paying directly to our treasurer. We would like to have a few more paid-up members before publishing our membership booklet.

It is a pleasure to be serving you as president of Sno-King RTA this year. If you have any questions, problems, or suggestions about the unit, please call me at 782-3046. We are here to serve you. Please join us at the October 16 luncheon and at the rest of the meetings so that we will have a truly successful year.

See you on October 16

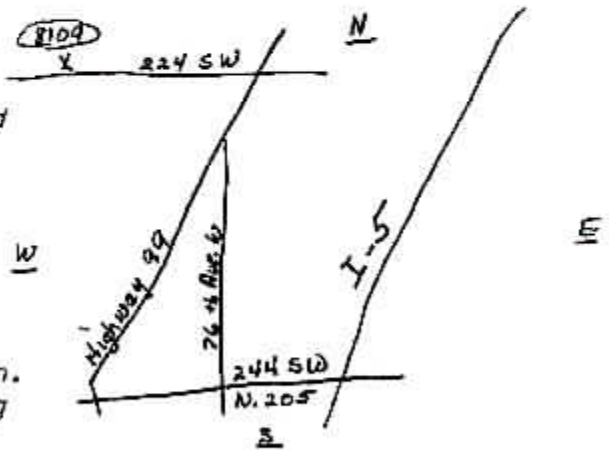
Marion Bellows

CALENDAR OF EVENTS

- October 6 - Coordinating Council meeting in Bellingham
- October 8 - 1:30 p.m. Board meeting at Edith and Gordon Bowers' 18827 Soundview Place, Edmonds
- October 16 - Noon - Scholarship Fall Luncheon - Edmonds Unitarian Church 8109 - 224 SW, Edmonds
- November 12 - 1:30 p.m. Board meeting at Marion Bellows' 9700 - 24 Avenue NW Seattle
- November 20 - 1:30 p.m. Regular meeting at Board Room, Edmonds School District Office 3800 - 196 St. SW, Lynnwood.

OCTOBER MEETING - FALL SCHOLARSHIP LUNCHEON

Our October Scholarship Luncheon will be held at noon on Thursday, October 16, at the Edmonds Unitarian Church, 8109 - 224 SW, Edmonds. We will have speakers from the League of Women Voters to discuss issues on the November ballot. Please call some of your retired teacher friends and bring them to the luncheon. For a \$3 donation you will enjoy a delicious hot dish and salad luncheon. Our Scholarship Fund is at \$4742 after giving the Scholarship. Help it grow by joining us at the luncheon. Call Cheryl Bickford, 363-2731, June Roberts, 546-4284, or Marion Bellows, 782-3046 by October 13 for reservations.



## LEGISLATIVE UPDATE - GORDON BOWERS, CHAIRMAN

With a new Legislature meeting January, 1987, hope springs eternal. However, the Sno-King RTA requested that the WSRTA Board investigate the feasibility of a lawsuit against the State of Washington for failure of the Washington Legislature to provide retired teachers with cost-of-living increases equal to those provided to retirees in the several other Washington State retirement systems.

The WSRTA Board met in Ellensburg September 16 with Sno-King members present. The lawsuit question will be held in abeyance pending action by the Legislature. In the interim, a series of workshops for retired teachers will be held around the State (1986-7) to inform members on THE CASE FOR COLAS - RETIREMENT INCOME PROTECTION FOR WASHINGTON PUBLIC SCHOOL TEACHERS, WSRTA STUDY, 1986.

The purpose of the workshop is to acquaint WSRTA members on the facts of the COLA study, so they will be better informed when writing or talking with legislators. Salient points are: 1. To be effective, retirees (plan I) need to know facts of retirement funding and be familiar with the WSRTA COLA STUDY. 2. Retirees should understand why pensions are earned income, not gifts. 3. Retirees should rally support of HB1823 in the 1987 Legislature, providing for permanent automatic COLAS.

STAY TUNED FOR FUTURE DEVELOPMENTS!

### NEWS ABOUT OUR MEMBERS

We are happy to report that two of our members, Paul Weaver and Bea McKinney are both now at home taking it easy, we hope, after a session in Northgate and Northwest Hospitals with heart attacks. Ironically they both went in on the same day and were released on the same day. Cards and calls would be appreciated: Paul at 1560 - 9th Ave. N., Edmonds, 98020, 778-3933, and Bea at 16817 - 11th NE, Seattle 98155, 363-0104.


We hope that John Hunter is fully recovered from his allergic reaction to medication after a session of measles.

Please contact our President, Marion Bellows, 782-3046, or our Sunshine Co-chairmen: Gretchen Lay, 524-46-86 or Esther Sellers, 776-1509 if you know of any illness.

Judy and Harry Liden are traveling again. In September they drove to Box Elder, Montana to visit Harry's daughter and son-in-law who are lay pastors at the Rocky Bay Indian Reservation. In October they will cruise to Bermuda.

Adell and Sam Swanson spent June visiting St. Joseph Island, Ontario where Adell had lived and attended 7-8 grades. From Sault Ste Marie they drove on to Machinac Island, Michigan and they headed for their old stamping grounds, Moorhead, Minn.


Edith Kirkpatrick is on a trip to Denmark, Sweden and Norway.



### HEALTH CARE TIP!

REDUCE STRESS BY YOUR CHOICE OF WORDS. You can climb out of bed in the morning and tell yourself it's going to be a "terrible" day, or a "difficult and demanding" day, or you can tell yourself it's going to be a day "full of challenges." You can tell yourself that a co-worker is "mean and manipulative," or you can tell yourself that "he's doing the best he can for the kind of guy he is." You can label something as a "problem" or as an "opportunity."

Take a look at the negative things you say to yourself about situations and people throughout the day. Learning to describe situations and people using positive, non-judgmental language can go a long way in helping reduce self-imposed stress.



NEWS FOR NOVEMBER BULLETIN DUE OCTOBER 20 - send to, or call Betty Odle, 2137 N 86, Seattle 98103, 525-8276.

MEMBERSHIP FORM

WASHINGTON STATE RETIRED TEACHERS ASSOCIATION

Local Unit No. 23

Name \_\_\_\_\_ Phone \_\_\_\_\_

Address (Summer) \_\_\_\_\_

Address (Winter) \_\_\_\_\_

Retirement Number \_\_\_\_\_ Social Security Number \_\_\_\_\_

Legislative District \_\_\_\_\_ Name of Local Association Sno-King RTA

MEMBERSHIP PLAN:

I am on the Dues Deduction Plan (check) State & Local \_\_\_\_\_ State Only \_\_\_\_\_

I pay yearly; (check) State Dues (\$10) \_\_\_\_\_ Local Dues (\$6) \_\_\_\_\_

DUES DEDUCTION AUTHORIZATION FORM

WASHINGTON STATE RETIRED TEACHERS ASSOCIATION

Local Unit No. 23

Name (print or type) \_\_\_\_\_

Address: \_\_\_\_\_

Retirement Number \_\_\_\_\_ Social Security Number \_\_\_\_\_

Legislative District \_\_\_\_\_ Name of Local Association Sno-King RTA

I authorize the Washington Teachers Retirement System to deduct the following dues from my monthly retirement allowance and to pay such deduction to the Washington State Retired Teachers Association.

I agree to keep this deduction in force for the full membership year (July 1 through June 30). Should I wish to cancel ensuing deductions I will send a written notification of cancellation to WSRTA prior to May 1 to be effective July 1.

(Please check) State (84c) \_\_\_\_\_ Local (94) \_\_\_\_\_ Total \_\_\_\_\_ per month

Date \_\_\_\_\_ Signature (X) \_\_\_\_\_

MEMORANDUM TO BE RETAINED BY MEMBER

Date \_\_\_\_\_

On this date I have authorized the Washington Teachers Retirement System to deduct the amount of \_\_\_\_\_ per month from my monthly retirement allowance and to pay such deduction to the Washington State Retired Teachers Association.

I further agreed to keep this deduction in force for the full membership year. (July 1 through June 30). Should I wish to cancel ensuing deductions I will send a written notification of cancellation to WSRTA prior to May 1 to be effective July 1.

Signed \_\_\_\_\_

Use this form for ADD (Automatic Dues Deduction) and mail to Gordon Roberts P.O. Box 5253, Lynnwood, WA 46-5253

IF YOU HAVE NOT HAD A CHANCE TO PAY YOUR 1986-87 DUES, PLEASE TEAR OFF THIS SECTION AND MAIL WITH YOUR CHECK TO: SNO-KING RETIRED TEACHERS ASSOCIATION, P. O. Box 5253, Lynnwood, WA 9804-5253

MEMBER DUES (Check appropriate box)

STATE \$10.00

LOCAL 6.00

Total \$16.00

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_

Zip Code \_\_\_\_\_

Phone \_\_\_\_\_

State Legislative Dist. \_\_\_\_\_

ASSOCIATE DUES

(For spouses and working educators)

LOCAL \$ 2.00


If you like to write checks I do not wish ADD at the present time, use this smaller form and mail it to our Lynnwood P.O. Address.

TELEPHONE COMMITTEE NEEDS VOLUNTEERS FOR TELEPHONE CHAIN

With the Legislature going back into session next January it is essential that we have a good telephone chain - that means lots of people so that each caller only has to call a few members. Won't you be one of those volunteers? Remember - many hands make light work! Call Winnie Smith if you can help: 778-3979.

NOTICE TO AARP MEMBERS

Check your AARP card to be sure that it shows you are a member of the NRTA Division. Modern Maturity magazine has a special NRTA section in it that you will miss if you are not a member of the NRTA Division. If your AARP card does not show NRTA Division on it, call Marion Bellows, 782-3046 and she will get you a form to fill out to include you in NRTA.



Sno-King Retired  
Teachers' Assn.  
P.O. Box 5253  
Lynnwood, WA  
98046 5253

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