
SNO-KING SCHOOL RETIREES

NEWS

October 1997

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State Legislature Hotline: 1-800-562-6000

PRESIDENT'S MESSAGE

A warm hello to all Sno-King School Retirees! Our organization is up and running for the new year. We had a great presentation on Eleanor Roosevelt by Debbie Dimitre at the September meeting. It was an excellent program. Thanks, Justine, for arranging this program. We all had a great time meeting Debbie, visiting with old friends and new members.

Scholarships are the thought and effort for our October meeting. The Luncheon at the Edmonds Unitarian Church will feature a musical presentation by Ruth and Dean Werner who play mandolin and guitar. They are a class act. We also will have Dr. Pat Hoban our Executive Director of WSRTA as the guest speaker.

In recent years we have been able to increase the support of our Scholarships from the original \$300.00 to \$1000.00. We give a scholarship to a graduating senior who is going into the educational field in each of the three districts in our area. Your attendance at this event and on the other fund raising activities helps make this level possible. Thank you for such a big effort.

Our thoughts and prayers are with Betty and Bob Odle at this time for his recovery to good health.

Thought for October:

Somebody ought to cross ball point pens with coat hangers so that the pens will multiply instead of disappear.

Let's keep in touch,

Dave Johnson

SCHOLARSHIP LUNCHEON - OCTOBER 16

We hope that you and your friends will join us for our Fall Luncheon at the Edmonds Unitarian Church, 8109-224th SW, Edmonds, at noon on October 16.

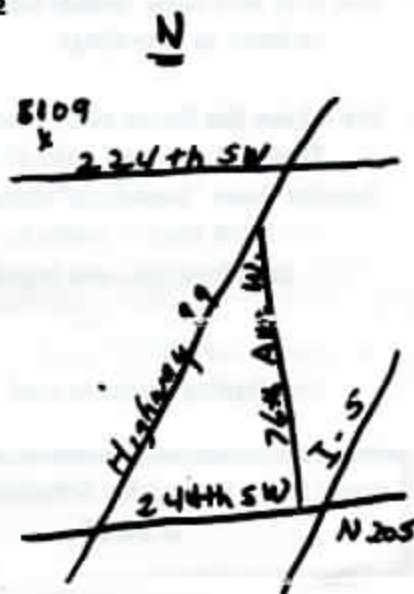
We always have wonderful food prepared by our members. The fall luncheon features Sno-King cooks' special salads and hot dishes.

Please call Cheryl Bickford, 363-2731 or Betty Odle, 525-8276 by Monday, October 13 for reservations for the \$5 donation luncheon. 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 fill out the form on Page 2 and send to the address shown on the form.

The program sounds great - strolling minstrels while we "dine" as well as some special numbers after we eat. We are looking forward to hearing from WSRTA's new Executive Director, Dr. Pat Hoban as well as the ENTERTAINMENT musical production.

We are looking forward to seeing you at the luncheon - don't forget to make reservations and be sure to invite your friends to come with you.



COMING EVENTS

- | | |
|-------------|---|
| October 9 | 1-3 PM Sno-King Board Meeting at AARP Washington State Office |
| October 16 | NOON Scholarship Luncheon, Edmonds Unitarian Church, 8109-224th AVE SW, Edmonds
Meet WSRTA's new Executive Director, Dr. Patrick Hoban. Dean and Ruth Werner, playing mandolin and guitar, will "serenade" us as we eat. |
| November 13 | 1-3 PM Sno-King Board Meeting at AARP Washington State Office. |
| November 20 | 1:30 PM Meeting at Edmonds School District Board Meeting - Patriotic Sing-a-long with Maryon |

SCHOLARSHIP FUND RAISERS

RAFFLE: Lois Grasmick is donating a very unique oak clock that includes a windmill, water tank, ladder - you have to see it to believe it! It will be on display at the October meeting.

ENTERTAINMENT BOOKS: These will be on display and for sale at the Scholarship Luncheon - remember the Scholarship Fund receives \$8 out of the \$40 cost of the books!

VIDEO OF THE "1935 ROCKERS" made at the May Luncheon at the Mill Creek Country Club. \$5 of the \$15 cost will go to the Scholarship Fund. They will be available at the October meeting - or call Walter Barnum, 362-8032 to reserve a copy.

SCHOLARSHIP LUNCHEONS in October and April also raise money for the Scholarship Fund.

DONATIONS: To the right is a donation form that you may use to donate to the Scholarship Fund. You might want to honor someone who is having a special birthday or in honor of a special event. Many like to give donations in memory of teacher friends who have passed away. Past donations have made it possible to increase our scholarships from \$300 to \$750 each and we hope that next year we will be able to increase it to \$1000!

SNO-KING SCHOOL RETIREES' SCHOLARSHIP FUND

The purpose of the Sno-King School Retirees' Scholarship Fund is to assist carefully selected graduating Seniors, majoring in education, from Edmonds, Northshore, and Shoreline School Districts, reach 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, P.O. Box 33962, Seattle, WA 98133-0962)

A message from your "Entertainment Volunteers"
Donna and Frances

You think you've seen it all
You ain't seen nothin' yet...
We've found some ENTERTAINMENT
Bout as good as we could get!

We marched right up to Broadway*
For some Actors who could sing
And they lent some special folks to us
(A favor to Sno-King)

We'll have the Books of Coupons
That will save you gobs of money
Besides those "Broadway" stars on hand

A message from your "Entertainment Volunteers"
Donna and Frances

You think you've seen it all
You ain't seen nothin' yet...
We've found some ENTERTAINMENT
Bout as good as we could get!

We marched right up to Broadway®
For some Actors who could sing
And they lent some special folks to us
(A favor to Sno-King)

We'll have the Books of Coupons
That will save you gobs of money
Besides those "Broadway" stars on hand
We think they're pretty funny...
(and talented..and brave)

So prepare for ENTERTAINMENT
And buying books as well

Books \$40 - Refund for Scholarship Fund
is \$8.00

And we'll do our best for SNO-KING
By the way - we think you'r swell)

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,
P.O. Box 33962, Seattle, WA 98133-0962)

IMMUNEX is looking for any retired Science teachers
who would like to work part time (20 hours per week) to
join our staff as a: SR. LAB ASSISTANT

Duties & Responsibilities: General lab stocking
duties, preparation of media, cell harvesting. Position
includes animal work, performing injections and
possibly learning analysis of disease measurements
for in vivo animal models. Administrative duties
include ordering reagents and collecting timesheets.

If interested please call Layne Mortensen (206)389-
4004 for more information or fax resume to (206) 623-
4572 attn: Layne Mortensen.

HELP, HELP, HELP!

We have been delayed in getting the new directory ready to go but hope that we will be able to send it out with the November Sno-King Bulletin but we need your help to bring addresses and phone #'s up-to-date. We do get address changes from the Post Office, but no phone #'s. It costs us \$5.82 to have the Bulletin forwarded and the change of address form sent to us, consequently we really appreciate it if you let us know your address change.

Only current members will receive the directory so be sure your dues are up-to-date!

New Retirees, please join immediately so you will be included in the directory. This is the last issue of the Newsletter that will be sent to non-members.

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

IMPORTANT NOTICE

You will be receiving a booklet and letter from the Health Care Authority in early October. PLEASE DO NOT DISREGARD! READ THE INFORMATION THOROUGHLY.

If you have further questions or need assistance call:

SHIBA at 1-800-397-4422 or the Washington Health Care Authority at 1-800-200-1004.

There are going to be changes in health insurance rates and service areas on some plans before the open enrollment period beginning in October. Please pay close attention to any mail that talks about health care and/or health insurance. If you do not understand any part of what is presented to you - call the numbers above, or ask a friend/family member to call for you.

MORE INFORMATION WILL FOLLOW - WATCH YOUR UNIT NEWSLETTER AND THE WSRTA JOURNAL.

BLUE CROSS OF WASHINGTON & ALASKA - Plans E & J will not be available in 1998 - retirees under Public Employees Benefit Board/PEBB will need to change to another of the medical plans offered. Watch for the HEALTH CARE AUTHORITY packet you will receive in October!

INFLUENZA (FLU) - It's time for your flu shot; all adults over age 60 should have one every year, October or November. Call your doctor's office - there is no charge under most medical plans.

UPDATE ON ALZHEIMER'S - New drug treatments offer hope of delaying the disease's progress according to NRTA BULLETIN, Sept. '97, pages 1, 6 & 7. ALSO NOTE "ADVICE & SUPPORT FOR CAREGIVERS", on Page 7. Caregiving responsibilities are monumental tasks, and for the 4 million Alzheimer caregivers, what a nightmare!

POOR DIET - 99% of our nation's young, ages 2 to 19 have a poor diet, according to a study published in the September issue of JOURNAL PEDIATRICS. According to Dr. Kathryn Munoz, "Bad eating habits in childhood can lead to disease later in life, including heart problems associated with too much fat, and osteoporosis associated with low calcium intake". Boys between the ages of 12 to 19 had the best diet, while girls tend to overemphasize staying too thin on a sparse diet. Apparently, children's diets in Japan are somewhat better: Japanese girls born in 1996 are expected to live an average of 86 years and 4 months, boys expected to live just past age 80. Japanese life expectancy is the highest in the world.

LASER EFFECTIVE FOR HEART SURGERY - The FDA is expected to approve AN EXPERIMENTAL NEW LASER HEART SURGERY IN WIDESPREAD EXPERIMENTAL trials this month. Under the procedure, a laser is threaded into the heart through a blood vessel and used to drill tiny holes in the heart wall. The procedure has been used in Italy and Argentina when previous triple-bypass and balloon angioplasty had failed to solve the problem of high cholesterol buildup.

WHY MEN DO NOT LIVE AS LONG AS WOMEN - According to a study by the MEN'S NATIONAL HEALTH FOUNDATION, authors Will Courtney and Patric Taylor point out that in 1920 there was no difference in life expectancy of U.S. men to women, and in some countries, men outlive women. The researchers believe that the problem is that U.S. men's attitudes and behaviors lead to shorter lives and debilitating health conditions, and that society "programs" men to avoid taking care of themselves, starting at birth. Infant boys are treated more roughly than infant girls, are picked up less often when they cry - the message is that boys are supposed to be tough. According to Melinda Voss, Des Moines Register, the study points out that men have higher death rates for all 15 leading causes of death and die eight years younger, represent half of the work force, yet account for 94% of on-the-job-fatalities, manage stress less effectively, eat more meat and fat, fewer fruits and vegetables, use sunscreen less often, twice as likely to die from skin cancer, smoke more, have more accidents, etc.

MEMBERSHIP EXPANSION COMMITTEE - Don Denton (425-672-6746) Chair

Give yourself a pat on the back for belonging to Sno-King School Retirees and the Washington State Retired Teachers Association. You may think that your dues just get you some good newsletters and a directory of local members. Yes, and MORE!

Our lobbying power for improving benefits for current and future retirees is based on numbers. Thank you for letting us count you in! Your dues go for a good purpose, us.

One reason we work so hard to increase our membership is so we can share the financial responsibility of lobbying the legislature. Although all member efforts are donated, there are still costs associated with running the state office and paying for skilled lobbyists.

Do you know any school retirees who are not members but are enjoying the benefits? Invite them to join, or call me and I'll send them an enrollment form.

TRIBUTE TO JUNE MCMASTERS BY WALTER K BARNUM

As music coordinator for the Shoreline schools I had the pleasure of having June as one of the district's elementary music teachers. Shoreline's music program has a reputation for excellence among our students, parents, our community and throughout the state. June was one of those music teachers who helped us maintain this high quality through her teaching.

June always strove to give her best for her students. As an elementary instrumental music teacher she was called on to teach beginning instruments. She was fully qualified through her music education degree to teach both wind or string instruments. However, since her major instrument was piano, when she was assigned to teach string instruments, she, on her own initiative took private lessons on the violin so she would have a better understanding of the techniques her students would need to develop to play the violin.

I am sure you can all appreciate what a challenge it is to teach a beginning string class. On the first day the students do not even know how to hold their instruments properly and when they begin to play, those first tentative sounds are hard to describe - shall we say squeaks and squawks? However by Spring her students always played music in a Spring Concert that made their parents proud.

After several years of teaching string instruments June recognized the need for teaching materials that were not available from the publishers. She wanted sets of melodies that would be fun for students to play while teaching them sequential performance techniques so she composed them herself - all on her own time of course. After many months she completed the collection of melodies and successfully used them to make her teaching more effective and enjoyable for her students and she was happy to share them with the other string teachers.

In addition to the conventional band and orchestra instruments some basic instruction was offered on the guitar as an accompanying instrument for singing. Many traditional camp songs, folk songs and composed songs use the some basic chords. Here again June assembled a large collection of these songs and added over the words the guitar tablature - that is diagrams of the strings which show where to place your fingers on the strings. She had multiple copies made and shared them with the other music teachers. As a result I am sure there have been many guitars going to summer camps and many happy camp fire songfests.

These two examples illustrate the kind of special talents and dedication June brought to her teaching in Shoreline. Her students and their parents will all miss June, but the legacy of her music teaching will live on as a tribute to her life's work which made a difference in our schools.

Travel is one of the first things many school retirees do when their time is their own. This is the first edition of a monthly column to share some of our travel tips and destinations!

Let's hear about places to visit that are fun, unique, low-budget, nostalgic or all of the above! Share your travel ideas with your fellow retirees.

*Ellie Bonnanno (and Betty Odle) likes the Owl Drug Store in Wenatchee because it has an old-fashioned sode fountain where you can still get thick milkshakes, old-time sodas, floats and sundaes.

*Sylvia Haven enjoyed a trip on the monthly ferry, "Tustemina," that runs from Homer to Dutch Harbor, Alaska. It's a unique journey, the only ocean-going ferry of the Alaska Marine Highway.

*Just a year ago, Wes Grande and his wife flew to Australia to stay on a sheep ranch, visit the famed O'Reilly's in the jungle, and tour Ayers Rock, the Great Barrier Reef, Brisbane and Sydney. Then they flew to New Zealand and rented a car to see the north and south islands. For the trans-Pacific trip, they liked New Zealand Air.

*Ever wondered about those Panama Canal cruises? Check with Dave and Marlene Johnson in mid-December after they return. Their ship will depart Ft. Lauderdale, traverse the Canal, travel down the west side of South America to Santiago, Chile and then out to the Galapagos Islands.

*If you get to England anytime soon, we (the Malinowski's) recommend a side trip to the Isle of Wight. It's a journey back in nostalgia. Take a brief train ride southwesterly from London to Portsmouth, that great British Navy town. Walk down to the pier, and catch the pedestrian-only ferry across the Solent channel to Ryde on the Isle of Wight. There are dozens of bed-and-breakfast houses within walking distance of the Ryde pier.

The next morning, journey in leisurely fashion on the local train down the east shore of Wight. Seaside villages only 10-15 minutes apart on the rail line yield special moments. With our rail pass, we simply got off and on at such stops as Brading, Sandown, Shanklin and Ventnor.

Old Shanklin was a particular joy—thatched cottages, ancient churches (1600's) and a delightful tearoom or two. We finished at sunset in Ventnor, and the narrow stone streets were deserted and fragrant with supertime smells. It seemed like the 1800's instead of the late 1900's.

Returning to Portsmouth, the next day, we walked a few hundred feet to the left along the dock to tour the Royal Naval Museum, viewing King Henry VIII's reincarnated warship, "Mary Rose," and other historic treasures of the Royal Navy. Portsmouth, Charles Dickens' birthplace, is also home to the D-Day Museum, Royal Submarine Museum and the Cathedral Church of St. Thomas, founded in 1185.

*Feel free to call any of the above people for more details (they're in the SSR directory). And share with us your ideas on travel. Just let Terri Malinowski know: Phone 425-483-8344, email - terrim@accessone.com

SUNSHINE COMMITTEE - Gayle Bromley, 206-364-1314, Fran Peters, 206-361-8594 - CoChairs

We are very sorry to report the death of our member June McMasters on August 27, 1997 - our deepest sympathy to her husband Carroll and their children Craig and Carla. (A tribute given by Walter Barnum is included in this newsletter.)

All of us in Sno-King send our love and best wishes to Lorraine and Stan Corrington. Lorraine is caring for Stan at home during his illness. Let us know if we can help in any way.

Bob Odle is home in between daily trips to Swedish Hospital for Radiation treatments. He is a bit stronger and has gained about 10 pounds and is receiving a "gourmet liquid and I-V diet from his wife and Chef Betty. Keep in touch - call if you need any of us for anything.

Long time Shoreline teacher, Anona Hales, passed away at the home of her daughter, Andrea, in September. She will be missed by her many friends.

COMMUNITY SERVICE COMMITTEE - Robert E. Jones, Chair, (425) 787-2727

55-ALIVE - MATURE DRIVING CLASSES

AARP's UNIQUE 8-hour classroom refresher course for drivers age 50 and older: Information and illustrations help you learn how to improve driving skills and drive more safely. **BONUS: Graduates will be able to qualify for a discount on auto insurance!**

\$8.00 materials fee payable to AARP. Participants must register through Edmonds Parks and Recreation in advance, 771-0230. Fall quarter classes are: October 1 and 2; November 12 and 13; December 10 and 11.

MEMBER SERVICE COMMITTEE - Barbara Berg, Chair, 425-483-2671

SNO-KING MINI TRIP - THURSDAY, NOVEMBER 6

Seattle Art Museum to see the **Leonardo Lives** exhibit (Oct. 23-Jan 4) This exhibit is free for Seattle Art Museum members. Transportation by Metro Bus from Northgate P & R lot. We need to be at the museum by 10:30 for a self-guided tour. Please call either Roberta McKee, 776-0078, or Barbara Berg, 483-2671, after October 15.

***For people who are not Seattle Art Museum Members, we have reserved from Ticketmaster 10 tickets - \$4.00 + \$1.25 handling fee (Sr. rate) Please let Roberta or Barbara know if you are interested in one of these tickets.**

CELEBRATIONS BY THE SOUND - CREATIVE TABLE SETTINGS

Saturday, October 18, 1997, 12 - 5 PM at Edmonds Yacht Club, 456 Admiral Way. Tickets are \$10 to Benefit the Edmonds Historical Museum. Enjoy gourmet hrs d'oeuvres, wine and music while viewing various themed table settings. Call Marlene Johnson for tickets, 776-7298.

Please let Barbara or Roberta know of any Mini-Trips that you would like to take. These are trips we take during the day - 9 am to 3 pm. Barbara can also be reached to e-mail: Bmcborg@aol.com.

Acceptance of advertising does not imply SNO-KING endorsement of the product or viewpoint expressed by the ad.

(Paid Advertisement)

Waiting For The State Long Term Care Plan? Don't! It didn't work out. The State was unable to find a group plan which was less expensive or with better provisions than those already on the market. Don't like insurance agents? Try me; I'm an educator, not a salesman. Lots of information, no pressure. Even if you think you have waited too long to plan, call Don Denton (425) 672-6746.

NEWS ABOUT OUR MEMBERS

Jim Lockhart writes that he and Marianne will be at Fiesta Grande RV Resort, 1511 E Florence Blvd, Space 62, Casa Grande, AZ 85222, Phone # 1-520-426-7062 from November 1 until early April. If anyone from Sno-King is in the area they would be happy to see them. Casa Grande is about 40 miles south of Phoenix near the junction of I-10 and I-8. There are four reasonably priced golf courses in the vicinity and no smog!

Another Sno-Bird is Phil Poole who will be in Mesa, Arizona from November 1 to April 1.

Lucy Anderson and Patsy Lindsay are off on a trip to Washington D.C., New York City and then on a tour of the New England States.

Eleanor Robinson Wallis has moved to a new home - her phone number, 483-0976, remains the same but her address is now 14906 Woodinville-Duvall Road, Woodinville WA 98072. She would appreciate calls, cards and visits.

Barbara Berg flies to Houston, Texas, actually Montgomery, Texas and then on to Hot Springs, Arkansas to visit her sisters. She will be gone for several weeks.

News deadline for November Bulletin is October 16, 1997. Send to Betty Odle, 2137 N 86th, Seattle 98103. Phone: 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 Dave Johnson, 425-776-7298 or Editor Betty Odle, 206-525-8276.

Again, many thanks to those who come over each month to fold, staple 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. We try to get the letter out the last Wednesday of the month beginning at 10 a.m. Call Betty before coming in case the printing has been delayed.