
SNO-KING SCHOOL RETIREES

NEWS

OCTOBER 1998

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Treas.: Donna Mufrish, 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

It was good to see so many of you at our September meeting. LeRoy Middleton shared some excellent slides and information on the History of Edmonds. If you have an interest in the Edmonds area, you are encouraged to visit the Edmonds Museum, 118-5th Ave N, Edmonds, 425-774-0900.

On September 2nd, our Board met with the boards from NW-1 and NW-2 Coordinating Councils to prepare for the Political Action Season. The meeting was planned by our Joanne Dunn, assisted by Rita Requa and Past WSRTA President, Marty Kemp. Linda Clifton, a new Sno-King retiree from Northshore and Barbara Landrock, NW-1 Coordinating Council Chair chaired the meeting. As a result of that meeting, a number of us phoned all the local retired members in our directory and asked them to give three hours of their time to the legislative candidate of their choice. A big THANKS to all the callers and volunteers!

I am very pleased with the positive response to our calls. As we make personal contacts with legislators, we facilitate communications regarding the concerns and needs of school retirees.

Our October meeting, a Scholarship Luncheon, will be held at the Edmonds Unitarian Church as it has in the past. With funds raised at our two annual luncheons and from other sources, we are now able to give three \$1,000 grants each year to students entering college to pursue a teaching career, and this year will be initiating a new program of grant money for active teachers to use on classroom projects. Please make reservations and join us.

Don Denton

SCHOLARSHIP LUNCHEON - OCTOBER 15

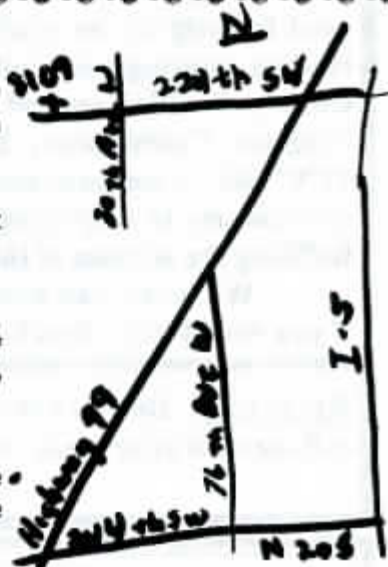
Plan to join us for our Fall Luncheon at the Edmonds Unitarian Church, 8109-224th SW, Edmonds at noon, October 15. Bring your friends to hear the toe-tapping tunes of the "oldies" played by Lyle Bickford on the piano and Reg Harris on the banjo.

The Fall Luncheon features Sno-King cooks' special salads and hot dishes - always delicious!

Please call Cheryl Bickford, 206-363-2731, or Betty Odle, 206-525-8276, by Monday, October 12 for reservations for the \$5 donation luncheon. If you would like to contribute a salad or hot dish let Cheryl or Betty know when you make your reservations.

If you aren't able to attend the luncheon but would like to support the scholarship fund you can fill out the form on Page 5 and send to the address shown on the form.

ENTERTAINMENT '99 books will be available at the luncheon - their sale also benefits the scholarship fund. Be sure to ask your friends to join you for this special musical day.



COMING EVENTS

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| Oct. 6 | 9 AM | NW-1 Coordinating Council at Mt. Vernon |
| Oct. 8 | 1-3 PM | Sno-King Board Meeting at AARP Washington State Office |
| Oct. 15 | NOON | Fall Scholarship Luncheon at Edmonds Unitarian Church, 8109-224th Ave SW, Edmonds. Oldies music with Lyle Bickford on piano and Reg Harris on the banjo. |
| 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. |

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.

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

We are happy to report that Joanne Dunn came through her surgery with flying colors - it was very successful and she feels better every day.

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: October 14 and 15, November 4 and 5 and December 9 and 10. 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, which is - each of our counties, Snohomish and King have the RSVP 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 Sidney Hill at 425-290-1270*400. A uniform model of "effective tutoring" is being integrated with various school reading curriculums to help struggling students learn to read. The role of community tutoring is vital to fulfilling the mission of this program.

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.

LEGISLATIVE REPORT - Jack Rogers, Chair 206-367-7153

Sno-King RTA leadership is encouraging every member to make an effort to support a legislative candidate this fall. Recently, calls were made to members in our directory asking them to volunteer as much as three hours of their time to a political candidate of their choice. We were pleased that to date between 40 and 50 members have volunteered! Sno-King is non-partisan and does not endorse candidates for office. However, legislative action pretty much controls public education and benefits to retirees. So it's important that we show a presence in political races. Candidates remember who helped them get elected. They also tend to remember us better when it comes to crucial votes.

Please consider donating some time to the candidate of your choice and make sure he/she knows you're a member of Sno-King School Retirees. For further information, call Jack Rogers, 206-367-7153 or e-mail to jrogers735@aol.com.

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 3 major compaies.. **Don Denton (425) 672-6746.**

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

TRAVEL IDEAS AND TIPS

Terri Malinowski

Northshore School District retiree Lynda Humphrey offers some ideas for retirees who'd like to spend a month or two in a warmer climate each winter. She and her husband have found one answer that is fun and affordable.

Lynda and a friend from the Shoreline area share the annual lease on an apartment in Puerto Vallarta. The cost is \$180 month for the one-bedroom apartment, which has a living room, kitchen, bath and bedroom. The veranda has a view of the water (Banderas Bay) and the sunsets.

The six-unit building is owned by two Puerto Vallarta women who live in one of the units and lease the other five. The location is one and one-half blocks from the beach, just south of the Rio Cuale River in the quaint, older part of PV where the streets are cobblestoned.

"My friend and I split the year: she's taking October through December, and Larry and I will take January through March. Next year, we'll trade those months," Lynda explains. "And the other months we divvy up depending on our schedules."

The disadvantages: the apartment must be leased for the full year in advance. Lynda and her friend cannot sub-lease to others. "Obviously, we can have guests who use the unit," Lynda adds. And the airlines charge higher airfares for people like the Humphreys who stay longer periods. "Nearly \$800 round trip," she said.

Lynda has other ideas for people who want to stay for several weeks or a month, however. There is a website address (Lynda thinks it's called "Living in Puerto Vallarta for Under \$600 Per Month") which lists locations like Hotel Azteca, Hotel Marsol, Hotel Eloisa and Posada de Roger, some with pools or beach frontage. They have one-bedroom apartments available at \$600-\$700 month which the Humphreys approved during their walk-throughs.

While the couple is in Mexico, Lynda stays in touch with her friends and family through the internet. "There's a cafe nearby called the Net House, open 24 hours a day, where you can send and receive e-mail for \$4 an hour or increments thereof," she explains.

One of their favorite haunts is a nearby restaurant where, for \$2.20 each, the Humphreys have an all-you-can-eat breakfast or lunch—fruit, yogurt, granola, scrambled eggs, sausage, potatoes, etc., eight varieties of juice and hot coffee.

The price points up one of the heart-rending parts of living among the local residents. "The visible poverty is difficult," Lynda explains. "When we go for our daily walk, we take a pocketful of coins. The devaluation of the peso (10 pesos=\$1) means Mexico loses in the exchange, and children and the handicapped beg on the streets."

Two Shoreline retirees, Gayle Bromley and Rita Regua, recently spent a week in Ashland, OR to partake of the theatre. While attending six days and nights of performances, they noticed a neat feature for people who are experiencing slight hearing loss or even heavy loss.

"At the ticket office, you can ask for free assistive hearing devices," Rita said. "The devices apparently are great—you can hear every line, no matter what the voice projection is."

And when you are straining to hear lines from the wide variety of plays given in Ashland (the Shoreline pair saw Shakespeare's "Midsummer Night's Dream" and "Comedy of Errors," plus Cymbeline, School for Scandal, Uncle Vanya and Touch of a Poet), it's a pleasure to hear it all.

And Rita said that many of the newer theaters, live and film, also offer the devices to patrons for the asking.

If you have questions, information or a contribution for this column, call Terri Malinowski, 425-483-8344 or email her at 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!

Retirees: The Retirement Planning Committee is looking for someone to take over the job that Pat Svendsen has taken care of for many years - receiving and compiling the registration forms from those planning to attend the Retirement Seminar. Call Phyllis, 425-486-1177 to volunteer or for more information.

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

SOME SURPRISING NEW MEDICAL RESEARCH FROM READER'S DIGEST, P 93-4, Oct. '98 - Exposure to cigarette smoke may hasten hearing loss as you grow older; smoking may double your chance of Alzheimers and cause other mental problems. Both articles are based on the speculation that smoking contributes to the likelihood of vascular disease, which may affect mental/hearing function.

Also, see an article on painkillers (p.94) - Some prescription drugs that reduce pain and inflammation cause stomach irritation and rectal bleeding. A new painkiller drug "celebra" cuts inflammation without those side effects. This family of drugs called "celecoxib", is expected to be the first in a class of drugs called "cox-2" inhibitors which may be helpful in preventing colon cancer and Alzheimer's.

PLEASE ALSO read about a cement made of calcium phosphate that can be injected directly into broken bones. It hardens in ten minutes, and the patient's body gradually replaces the cement with new bone. See READER'S DIGEST, p. 94. It has been in use in Europe for years, may get U.S. approval next year!

MEDICARE SUBSIDIZED COSTS GOING UP IN 1999 - increases retiree pays are higher than we predicted earlier. Figures below are current payments and the increase in 1999: AETNA US HEALTH CARE - \$71.14 to \$33.35; PACIFIC CARE, 36.77 to 42.14; GROUP HEALTH COOP 24.14 to 57.60; KAISER FOUNDATION, 58.39 to 60.04; NYLCARE, 67.01 to 86.98; CHPWA, 84.84 to 92.41; OPTIONS HEALTH CARE, 80.22 to 94.46; UNIFORM MED, 94.70 to 125; PROVIDENCE HEALTH, 78.54 to 126.09; KITSAP, 71.11 to 127.58; REGENCY CARE 132.03 to 127.58; QUAL MED, 79.48 to 132.90; REGENCE BLUE SHIELD, 142.03 to 137.98; HEALTH PLUS, 130.91 to 150.64; MEDICAL SERVICE CORP, 79.84 to 151.34; MCO, 52.67 to 75.80; UMP, 94.70 to 125.13.

PLEASE NOTE!!! SEVERAL COMPANIES HAVE CHANGED NAMES OR DROPPED OUT OF THE HEALTH CARE PLANS. BE ALERT TO ANY MAIL FROM THE WASHINGTON HEALTH CARE AUTHORITY (HCA) OR THE DEPARTMENT OF RETIREMENT SYSTEMS (DRS). THERE IS AN OPEN ENROLLMENT PERIOD ONLY FOR THOSE WHOSE PLAN HAS BEEN DROPPED, OR THOSE WISHING TO CHANGE TO A DIFFERENT PLAN. FAILURE TO ACT IN THE OPEN PERIOD WILL CAUSE YOU TO BE DROPPED FROM THE SUBSIDIZED PLANS. SEE SPECIAL OUTLINED BOX ON SAME IN THIS ISSUE. For older retirees, the subsidy plans have benefitted more than COLAs.

NEW AND LATEST RESEARCH ON ALZHEIMER'S - in the extremely complex puzzle of why brain cells die, a protein called Par-4 has been found in high concentrations in the brain, and is believed to be one of the factors in causing the disease - according to Dr. Mark Mattson, leader of a study at the Univ. of Kentucky Center on aging. Protein seems to act as a catalyst that aids in the destruction of healthy cells. Alzheimer's patients were found to have four to 18 times the level of Par-4 compared to those without the disease. Dr Mattson's team is conducting experiments to block protein Par-4 from developing in the brain cells.

We'll have more info later on this above, but other studies complicate the research even more - in a joint project John Hopkins, Univ. of Utah and Duke Universities screened 4,932 elderly people for a gene suspected in Alzheimer's - APOE. They found, among other things that for certain groups there was an age beyond which nobody got Alzheimer's. One group was 84, and another group was age 94. Other genes called A2M-2 were involved, but a person didn't have to have both, or either one to develop the disease. NOW YOU KNOW AS MUCH AS ANYBODY ABOUT THIS!!!

WATCH THE NEWS FOR PATIENTS' RIGHTS PROPOSALS - Congress members need to hear from you!

In October, those already in the PEBB system will receive 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.

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

We are planning a guided tour of the new Benaroya Hall the middle of November. Call Barbara, or sign up at the October Luncheon if you are interested. Those who have been there have been really excited about the facility.

NEW PROGRAM FOR OUR ACTIVE MEMBERS

SNO-KING SCHOOL RETIREES announce today the formation of a grant program for active members. (Active Members are SNO-KING members who are not retired, but still actively employed in education.) The purpose of the program is to provide active members with a source of funds to purchase materials or attend inservice that will benefit their students. In order to make this process as simple as possible, there is no formal application blank.

To apply, only a short paragraph, along with budgetary details, describing the project and how it will help their students is required. Application details "Mini-grants Up for Grabs" will be found below. The Grants Committee, chaired by President-Elect Rita Requa, is looking forward to awarding the first mini-grants to our active colleagues.

It is the intent of the committee to award grants by November 1.



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Active* SNO-King members are urged to apply for grants of \$100 to \$300 for classroom needs.

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To apply:

1. List your Name, Grade Level, Building and District.
2. Write a brief paragraph describing your proposed project and how it will benefit your students.
3. Detail objects to be purchased/Inservice and approximate cost and/or support requested.

Send application with self-addressed stamped envelope by October 21 to:
SNO-King Mini-grants, c/o Rita Requa, 19121 Ballinger Way NE, #102, Seattle, WA 98155

*Members who are not retired, but still actively employed in education.

NEWS OF OUR MEMBERS

Our member, Pat Eddy, is moving to Spartanburg, South Carolina to be closer to her daughter and her family. We will miss her! Barbara Berg and Georgianna Young are going to drive her car to South Carolina. They will be leaving the middle of October.

Fran Peters and Lorraine Corrington are leaving September 30 for a great Elderhostel. They fly to Honolulu, catch a cruise ship and cruise around the islands - taking numerous tours. They'll spend several days in Honolulu before flying back to Seattle.

Betty and Bob Odle had a very restful cruise in September - they caught the Norwegian Dynasty in Vancouver, B.C., had a stop in Astoria and then spent 5 1/2 wonderful days crossing the Pacific. They had day stops in Hilo, Hawaii; Lahaina, Maui; Nawiliwili, Kauai, and Honolulu. Oahu, before flying home. The Pacific Ocean was a beautiful deep blue and luckily very smooth! The ship was fairly small - only carried 800 passengers and only 440 were on board for the trip.

Entertainment '99

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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.

Name _____
Address _____
Phone No. (IMPORTANT - so I can call you to make arrangements for delivery) _____
No. of books _____
Send to: Sno-King Retirees, P.O. Box 33962, Seattle, WA 98133-0962

News deadline for NOVEMBER Bulletin is OCTOBER 15, 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.