
SNO-KING SCHOOL RETIREES

NEWS

September 1997

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Treas.: Donna Murrish, 363-5753; Sunshine Co-Chairs: Gayle Bromley, 206-364-1314 Frances Peters, 206-361-8594

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State Legislature Hotline: 1-800-562-6000

PRESIDENT'S MESSAGE

Greetings Members and Friends,

Welcome back Sno-King School Retirees! I'm sure everyone has had a great summer especially with all the good weather and because we live in such a beautiful area. The Picnic in July was well attended both by our members and lots of new retirees. We all had a great time visiting with new friends and old.

Your officers and committees met in early August to prepare for the coming year. A lot of effort and good planning has resulted in some extra fine forthcoming programs and activities. Back by popular demand is Debbie Dimitre for our September meeting with her presentation of Eleanor Roosevelt. Debbie gave us the program on Rachel Carson last year. It was so good that we asked her to return. Please join us for our monthly meetings and activities. We are looking forward to seeing you.

THOUGHT FOR SEPTEMBER:

Having children is hereditary:

If your parents didn't have any, then you probably won't either.

Let's keep in touch,

Dave Johnson

**"PATCH-WORK POLITICS" - A DEBBIE DIMITRE PRESENTATION AT SEPTEMBER 18
MEETING AT EDMONDS SCHOOL DISTRICT BOARD ROOM**

We are looking forward to meeting Eleanor Roosevelt and hearing her true life story via Debbie Dimitre. Debbie shows that Mrs. Roosevelt was a peaceful warrior for human rights. Following the performance you will have an opportunity for questions and discussion.

This is a very special program that you will want to share with your friends. We have plenty of room so call your former co-workers and other friends and invite them to share this experience with you.

The meeting is at 1:30 p.m., September 18 in the Board Room of the Edmonds School District Office, 20420-68th AVE W, Lynnwood. There is plenty of parking in the back lot if the front lot is full.

We had hoped to have the Entertainment Books available for the September meeting but they will not be ready until October. We will have a "mini" presentation in September and you will be able to order your books with pick-up in October.

We are looking forward to seeing you on September 18 when we meet Eleanor Roosevelt!

COMING EVENTS

- | | |
|--------------|---|
| September 11 | 1-3 PM Sno-King Board Meeting at AARP Washington State Office |
| September 18 | 1:30 PM Meeting "Eleanor Roosevelt" via Storyteller, Debbie Dimitre in the Board Room of the Edmonds School District Office, 20420-68th AVE W, Lynnwood. |
| 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. |

SCHOLARSHIPS-Donna Murrish, Treasurer

Our three scholarship winners have selected their colleges and \$700 from Sno-King has been deposited into each of their accounts. One of them will be attending Western Washington University, one will go to the University of Washington, and the third has enrolled at Edmonds Community College.

The CD we have established to benefit the scholarship program is growing quite well and it is our hope that the interest we earn on that account will soon allow us to also award some scholarships from it.

SCHOLARSHIP FUND RAISERS

RAFFLE: The Espresso Machine was won by Gayle Bromley and the picture was won by a new retiree, Joyce Hudemann.

ENTERTAINMENT BOOKS: We had hoped that these would be available at our September meeting, but we will have them at the October 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. Sign up at the September 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)

LEGISLATIVE CHAIR: Jack Rogers, 367-7153, jrogers735@aol.com.

MEMBERSHIP CHAIR: Don Denton, Office - 672-6746, Home-745-1525, DEDenton@aol.com.

LEGISLATIVE AND MEMBERSHIP COMMITTEES REQUEST E-MAIL ADDRESSES
Some day we hope to have e-mail addresses as a part of our member directory. To see how many members are on-line and to start a list, please send your e-mail address by e-mail to Jack Rogers, who is our Legislative Chair at jrogers735@aol.com.

Order your video of the "1935 Rockers", Walt Barnum's combo who played at the Mill Creek Luncheon. \$5 of the \$15 cost of the video will go to benefit the Scholarship Fund. Order at the September 18 meeting, or call Walter Barnum, 362-8032.

HELP, HELP, HELP!

We hope to have the new directory ready to go out with the October 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 \$.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!

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

INTERESTING THINGS HAPPEN IN MEDICAL RESEARCH - Often by mistake, new discoveries result. A medicine, Probuco, abandoned years ago has been found to cut the need for repeat angioplasties in half (**BALLOON IN THE ARTERY TO EXPAND WALLS**). The drug, also known as Lorelco was sold as a cholesterol lowering medicine, but when more powerful cholesterol drugs called "statins" were developed, the Food and Drug Administration questioned the use of Probuco and production was stopped everywhere except in Japan where results showed that Probuco is a strong antioxidant that actually clears blocked arteries. Dr. Gilles Cote, Montreal Heart Institute, writing in the New England Journal of Medicine is urging greater use of the drug that was a failure, then a great success on a different problem!

PARKINSON'S DISEASE - The Deep Brain Stimulator was approved by the FDA August '97. As explained earlier in this column, to implant the \$25,000 "ACTIVA TREMOR CONTROL SYSTEM", surgeons place an electrode in the thalamus deep in the brain. It is connected by a wire under the skin to a pacemaker in the chest. The FDA is requiring Medtronic Corp. of Minneapolis to conduct additional studies for long term side effects of the stimulator as well as a new drug used with it, called Mirapex. This is great news to the millions of tremor and Parkinson's sufferers.

HAVE A TALK WITH YOUR DOCTOR - Advice from Pacific Care/Horizon publication, Aug.'97. To enhance communication and help ensure more efficient care: **ORGANIZE** your concerns before going to the doctor's office. Time is limited there and it can be best used if you arrive with a written list of symptoms and concerns. If there are many, prioritize them so you deal with the more pressing issues first. **Be as specific, accurate and graphic as possible.** The doctor needs every clue you can offer. This is no time to hold back or rose-color information out of false modesty, embarrassment or ego. **BE AS HONEST** with the doctor as you expect the doctor to be with you. This means being careful not to minimize your symptoms or overstate them. **BE ASSERTIVE** without being hostile. **EDUCATE YOURSELF** - there's little excuse for not visiting the library to review what has been written about your disorder. This gives you a solid base for acquiring the kind and degree of information from your doctor that you need to deal with your condition, both mentally and physically. **SPEAK UP** and ask questions. If your doctor lapses into medical jargon, ask for explanations. Discuss alternatives and options. Don't leave important medical decisions up to your doctor. **IF YOU HAVE FOLLOW UP QUESTIONS** or anxieties or a treatment isn't working, call your doctor. You should expect your doctor to return your call by the end of the day. **THANKS FOR THE ABOVE INFORMATION** from Dr. Carey Allison, MD, Chief medical officer for Secure Horizons, Marvin M. Lipman, MD, and Joseph N. Bell, Pacific Care staff.

HEPATITIS C ALERT - The US Public Health Service Blood Advisory Committee says that anyone who had a blood transfusion before 1992 should be tested for hepatitis C, a serious liver infection. It wasn't until mid 1992 that blood banks had effective screening. The first test for the virus was created in 1990, and though the risk of catching the virus is very small, **ASK YOUR DOCTOR!**

MORE THAN THE WARNING SIGNS OF STROKE - this article includes information about one of our SNOKING members and is on page 38 of the Aug/Sept WSRTA JOURNAL.

MORE CALCIUM NEEDED TO AVOID OSTEOPOROSIS - According to the Institute of Medicine spokesperson, Dr. Connie Weaver, one woman out of four will have hip fractures within their lifetimes. Dairy products are the major source of calcium, but a generation of Americans have shied away from these foods. Skim milk is the best or take calcium supplements. **ASK YOUR DOCTOR!**

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

We welcome all the new members to Sno-King. It was great to meet a good number of the new retirees at our picnic in July. Remember, each member is a potential recruiter. The more dues-paying members we have statewide, the greater our voice in Olympia. If you know of someone who should be a member and isn't, call Don.

Next year, we visit the Northshore schools. If you know some of the staff in a particular building, we'd like to have you join us. Call Don.

(Paid Advertisement)

CRUISE THE INSIDE PASSAGE FROM KETCHIKAN TO EDMONDS: Leave Ketchikan September 15 and share expenses (approx. \$2,000) for up to 4 people on a 48' charter yacht. Spend a week seeing the beautiful scenery and wildlife. Anchor at night in pristine coves. Take pictures, beachcomb, fish relax! Call Don Denton (425) 672-6746 for details.

A Message from the Treasurer:

For those of you have sent checks for dues and have noticed they haven't cleared yet, please be assured that they're not lost. There was a delay by the bank in establishing a new account for us but your checks have now been deposited and you should be able to reconcile your next bank statement. My apologies for the delay.

Thanks to all of you cash-paying members who have sent in your dues. There are still about 60 who are in arrears so if you're one of them, please send in your payment as soon as possible. Keep your membership current!

Donna Murrish, Treasurer

1997-98 DUES WERE DUE JULY 1, 1997 IF YOU PAY CASH! It's easy to forget when dues are renewable, unless you are on Automatic Dues Deduction. If you are not sure if you are on ADD call Donna Murrish 363-5753. If you are on cash payment please use Form (A) below; if you wish to change to ADD, use Form (B) for TRS and Form (C) for PERS. Remember if you use Form B or Form C you can just sign your name and relax and not ever have to write another check for dues in WSRTA or Sno-King - it's the way to go!

NOTICE THAT PERS RETIREES MAY NOW GO ON AUTOMATIC DUES DEDUCTION!

Send all forms to Sno-King School Retirees, P.O. Box 33962, Seattle, WA 98133-0962.

Our Treasurer, Donna Murrish, thanks all of you who have responded so promptly and have paid their 1997-98 dues. She hopes that the mail will be full of payments or better still, changes to Dues Deduction!

(A) CASH
WASHINGTON STATE RETIRED TEACHERS ASSOC.

Local Unit No. 23

Name _____

Phone _____

Address(Summer) _____

Address(Winter) _____

Retirement No. _____

Soc. Security No. _____

Legislative District _____ Local Unit: Sno-King

Signature: _____

MEMBERSHIP PLAN

I pay yearly: (check) State and Local Dues() \$48.00

Associate Dues (Spouse) () \$2, Total _____

(Make check out to Sno-King School Retirees and send payment to
Sno-King School Retirees
P.O. Box 33962, Seattle, WA 98133-0962)

(B) DUES DEDUCTION AUTHORIZATION FORM - TRS

WASHINGTON STATE RETIRED TEACHERS ASSOC.

910-B Lakeridge Way SW, Olympia, WA 98502-6036

Local Unit No. 23

Please Print or Type

Name _____
(Last) (First) (Initial)

Address: _____
(Street) (Phone)

(City) (State) (Zip)

Retirement Plan (circle one) TRS-1 TRS-2 TRS-3.

Month/Year of Retirement _____

Soc.Sec.No. _____ Leg.Dist. _____ Cong.Dist. _____

Legislative District _____ Name of Local Unit: Sno-King

I authorize the Washington Teachers' Retirement System 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 Retired Teachers Association.

Should I wish to cancel ensuing deductions I will send a written notification of cancellation to Washington State Teachers Retirement System.

DUES: STATE (\$3) LOCAL (\$1.00) TOTAL (4.00) per month

Signature _____

Date _____

(C) DUES DEDUCTION AUTHORIZATION FORM - PERS

WASHINGTON STATE RETIRED TEACHERS ASSOC.

910-B Lakeridge Way SW, Olympia, WA 98502-6036

Local Unit No. 23

Please Print or Type

Name _____
(Last) (First) (Initial)

Address: _____
(Street) (Phone)

(City) (State) (Zip)

Retirement Plan (circle one) PERS-1 PERS-2

Month/Year of Retirement _____

Soc.Sec.No. _____ Leg.Dist. _____ Cong.Dist. _____

Legislative District _____ Name of Local Unit: Sno-King

I authorize the Washington State Public Employees Retirement System 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 Retired Teachers Association.

Should I wish to cancel ensuing deductions I will send a written notification of cancellation to Washington State Teachers Retirement System.

DUES: STATE (\$3) LOCAL (\$1.00) TOTAL (4.00) per month

Signature _____

Date _____

NEWS ABOUT OUR MEMBERS

Cheryl and Lyle Bickford celebrated their 50th Wedding Anniversary on August 23. They were married in Bellingham but have spent most of their married life in the Seattle area - Congratulations to you both!

Justine Wood will be traveling through Northeastern Canada the first three weeks of October - the Fall Foliage should be in full color!

Rich and Chris McCroskey are leaving in September for a trip to Europe.

Donna Murrish will leave September 16 for a trip to South Africa. While there she will visit Victoria Falls, Johannesburg and Capetown. She returns on October 4.

We are sorry to hear that the Clappers are moving to the Olympia area. We will miss them, but we are sure that Thurston RTA Unit will welcome them!

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

The Sunshine Committee met last week to create some new cards to send to members - those helping on this special "Cut and Paste" project were Gayle Bromley, Fran Peters, Ellie Bonanno and Ruthanne Warren.

June McMasters is having treatments several times a week. She and her husband are both unable to drive. She would appreciate very much if some of our members would be willing to take her for her treatments. If you are available please call June at 542-4356. Please send your good thoughts and prayers as well.

Patty Lang is recovering from severe burns suffered the day after school was out in June. She spent many days at the burn center at Harborview. We hope that she will soon be feeling better.

We were sorry to hear of the death of our member Evie Peterson. She was the first kindergarten teacher at Ridgecrest and spent her entire career at that school. She will be missed by her many friends.

Marilyn Beem has had carpal tunnel surgery - our wishes for a successful recovery.

Eileen Langford has been under doctors care the past several months. We hope that she will soon be feeling up to par. She is a busy lady and needs to be in good shape to keep up her activities.

Ruthanne Warren is having surgery on her hand in September - she needs to be in good shape for a special production at the October meeting introducing the Entertainment Books.

Lucy Anderson has recently had surgery and although she had complications she is now recovering nicely.

PLEASE KEEP ALL THESE MEMBERS IN YOUR THOUGHTS AND WISHES FOR SPEEDY RECOVERIES!

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: September 10 and 11; October 1 and 2; November 12 and 13; December 10 and 11.

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

Please let us hear from you if you need information that our committee may have available. We have a complete directory of retirement living facilities - independent, assisted living and nursing homes. We also can put you in touch with legal help available in Snohomish and King County.

We also need suggestions for mini-trips for our members. These are trips we take during the day - 9 am to 3 pm. Call or write me e-mail: Bmcberg@aol.com.

The Creative Retirement Institute at Edmonds Community College is having their Fall Kick-off Luncheon on Wednesday, September 10. RSVP by phone 425-640-1010. The speaker is Ronald Woods speaking on "An American Foreign Policy for a New Century".



Evie Nordeen, Community Service, Chair & Teacher of Class for young mothers at Sno-King Baby Shower at June meeting.



New retirees and spouses at the July Picnic with Sno-King President, Dave Johnson at right.



(Above) New retiree Georgiana Gavrilovich with member Ruthanne Warren.

(Above Right) Member Joe Pettelle and wife Pat and member Jim Lockhart and wife Maryanne.

(Right) Members Ellie Bonanno and Donna Murrish help arrange food for the picnic.



News deadline for October Bulletin is September 18, 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.