

Sno-King School Retirees



September 2002

The SKSR Bulletin

A message from our president

Don't be blue—let's start anew

by Alice Bingaman, 425-778-1343



As most of you know, our hope of having a hand in managing our own pension funds is over for this year. I-797 didn't come close to qualifying for the November ballot, with about 44,000 signatures (reportedly). I want to thank all who worked hard for those signatures. The message to us is to start earlier and to get the necessary signatures, giving us a better chance to achieve our goal.

Our pension is something we have already paid for with our money and years of work. We need to work harder until we've achieved an equitably true COLA. Also, beware of the new litany regarding means-testing for all government pensions and Social Security. It can mean we may have money taken from us if we have been prudent in our use of our own resources.

My thanks to all the many individuals who have served our organization for years and are continuing to do so. My welcome to those who are new members or just now are feeling able to take on greater responsibility in our group.

I just spoke with a charter member who is still actively working with us. We need a lot more like her, to spread the work. How about you? As Uncle Sam's posters said during World War II, "*I need YOU.*"

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Rachel Lake, President-Elect
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Jack Rogers, Legislative
Rita Requa, Secretary
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Donna Murrish, Directory
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Linda Fitzgerald/Keith Lindaas, Scholarships
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Winnie Smith/Pat Jones, Sunshine
Jo/Bruce Caldwell, Bulletin Editors

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September 19

First meeting to welcome all

The SKSR will start off the year with a general meeting to welcome all. It will be held at the Edmonds School District Educational Services Center, 20420 68th Avenue West in Lynnwood. We will meet in the Board Room, which is on the left when entering the building.

The meeting will begin at 1:00 PM. All school retirees are invited, and asked to bring another retiree with you.



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MARK YOUR DATEBOOK

Coming Events for Sno-King School Retirees

September 19	General Meeting, 1 PM Edmonds Educational Service Center Welcome
October 17	Scholarship Luncheon, Noon Edmonds Unitarian Church
November 21	General Meeting Edmonds Educational Service Center
December 19	Legislative Breakfast, 8 AM Edmonds Masonic Center Free Breakfast
February 20	General Meeting Edmonds Educational Service Center
March 20	Joint Meeting with East King Luncheon
April 17	Scholarship Luncheon, Noon Edmonds Unitarian Church Election of Officers
May 15	Joint Meeting with Sno-Isle Luncheon
June 19	General Meeting Edmonds Educational Service Center Installation of Officers
July 17	Picnic Edmonds City Park Welcome New Retirees

SKSR Board Meetings

1:00 PM, Edmonds SD ESC
 20420 68th Ave W, Lynnwood
 Everyone welcome!

September 12	March 13
October 10	April 10
November 14	May 8
February 13	June 12

Our eye on Olympia

Campaigning for candidates

by Jack Rogers, Legislative chair, 206-367-7153, jrogers735@attbi.com



It's that time of the year again when we begin to sense a certain crispness to the air, there is talk of the World Series, of football, and oh, yes, that faint aroma you smell is not burning leaves, but POLITICS. The entire state house and part of the state senate are up for election. Congressional seats are up for election as well. Tim Eyman will also be touting an initiative or two, promising lower taxes and more efficient government. (Someone needs to look up the definition of efficient.)

Our concerns as school retirees about our pension system can come to the attention of potential candidates if we act wisely. The best way to influence state politicians at the local level is to support those who are sympathetic to our issues. A volunteer in a political campaign is a valued and respected individual who will

have the ear of any successfully elected official. Now is the time to become involved in the campaigns of candidates sympathetic to our causes of pension reform, pension equity and pension improvements.

I believe we all have the potential to volunteer some time for a mailing, putting up a yard sign, making a financial contribution, yes, even doorbelling for a worthy candidate for public office. I encourage all of us to seek out a good state legislative candidate in our district and support that individual with whatever resources we can spare. The results can pay off in the future when our issues need to be heard in the state legislature.

Letter to the editor

Thanks for sending each issue of your SKSR Bulletin to me as a Past President of WSSRA. Your Bulletin is one of the premier bulletins of our Association.

Each month your articles have been interesting, stimulating and focusing on issues facing retirees and our Association. The message from your President is always a fitting introduction to that particular issue. I've read with particular interest the analyses of political issues by Jack Rogers and others. Each month the health message has been timely and well

presented by Gordon Bowers. The travelogues presented each month by Terri and others are other highlights of your Bulletins. Your timely reporting of unit and member activities has been most interesting.

I trust that you share your great ideas of how to produce an appealing newsletter with all the other units of the state. And now you are taking the leadership in developing a web site to keep members informed. Thanks again for your thoughtfulness to share your SKSR Bulletin with me and keep up the good work.

*George M. Eisentrout
WSSRA Past President*

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. Graduates may have a 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, contact Bob Jones at 425-787-2727 or bobjones@premier1.net. Note that the class is a "two-consecutive-days class," which can be selected during the month of your choice.

2002-2003

**fall
dates**

September 18-19	November 20-21
October 16-17	December 18-19

Health tips for you

Media becoming health conscious

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

There has been an increasing flood of health care articles and other information in newspapers, magazines, TV, radio and websites that usually had a single page on health but now have multiple pages on everything from head to toe. Increased interest and awareness may be due to recent research, but probably are due to the failure of any comprehensive national health/drug cost plan. At any rate, public interest in better health is good news.

New guidelines for preventing heart attacks and strokes

The American Heart Association lists second-hand smoke as a risk factor and recommends screening for heart risk factors at age 20. It also recommends daily aspirin for those who have a 10 percent or higher risk of a heart attack in the next 10 years.

Their new test of obesity is that men should have a waist measure of 40 inches or less, women 35 inches or less and the association further urges people age 20 or older to meet with their doctors every five years to assess their risk factors: smoking, family medical history, blood pressure, high cholesterol levels, etc., and instructions to follow medical guidelines to the optimum heart-healthy body.

Source: *Medical Digest, Seattle Times*, July 16, 2002, P. A7; *The Journal Circulation*, July 16, 2002.

Are you a vegetarian?

Four percent are, they think, and 96 percent think they



are not. But to understand—vegetarians come in a variety of types. *Time Magazine* in eight pages, lists and explains the types as

they are: *Sproutarism*, eat primarily bean sprouts, wheat or brocolli sprouts; *Fruitarianism*, eat nothing but fruit and berries, but including nuts, grains and legumes; *Raw foodism*, excludes anything cooked past 118° F; *Veganism*, eat no meat, no dairy, eggs or other animal products; *Ovo-vegetarian*, eat veggies plus eggs; *Vegetarianism*, eat veggies and dairy products, but not eggs. It goes on! *Time* devoted eight pages to this. Planning a dinner for a group would require some planning. Which are you?

Source: *Time*, July 15, 2002, pp 48-56.

Major breakthrough on strokes and heart attacks

For many years cardiologists have been baffled and dismayed when their patients who have low, normal cholesterol levels suddenly have a stroke/heart attack; this is the case for half of all heart attack victims.

Studies on this problem have been under way since 1997, led by Dr. Paul Ridker of Boston's Brigham and Women's Hospital. They led to the conclusion that the mystery stroke/heart attack culprit was a low grade infection that can originate in various parts of the body, especially fat, and this inflammation in arteries triggers heart attacks in people free from high cholesterol.

Everyone from middle age on has some plaque buildup in arteries. If inflammation occurs, plaque becomes squishy and breaks off, travelling to the heart. Or it forms a clot that blocks an artery and cuts off blood supply. A stroke or heart attack can result.

People with high levels of C-Reactive Protein (CRP) can be detected years in advance of problems. A combination of high cholesterol and CRP would result in a nine times risk factor. Tests for CRP should be given to males beginning at age 45. The cost is only about \$10. Ask you doctor.

Source: Associated Press, *Seattle Times*, August 4, 2002, pp A1 and A22; *Everett Herald*, August 4, 2002, pp A1 and A8.



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see HEALTH on page 7

Traveling with Terri

France with the family

by Terri Malinowski, travel chair, 425-483-8344-terrim1@earthlink.net

Our long-planned trip in June to France with our daughter and her family didn't turn out as planned at all. A week before departure, a routine physical exam disclosed that my husband needed heart bypass surgery. So we regretfully waved them off while we prepared for immediate surgery. After their return, I convinced my daughter to write this month's travel column. So, here's how two 40-year-olds and their two sons, 10 and 14, experienced three weeks in Paris and the Alsace region of eastern France.

by Gail Spolar

Arriving in Paris at Charles de Gaulle airport at the start of tourist season, we expected long security lines and great scrutiny of passports and paperwork. Instead, we simply waved the passport covers as we passed through French Immigration (they didn't even open the passports), picked up our bags and loaded them on a cart, called for our airport shuttle, and headed for the Customs counter. The three men standing around it were talking and having coffee and totally ignored us as we wheeled our suitcase-laden cart through the opening. (However, three weeks later on our departure from de Gaulle, we needed all of three hours to check in for our U.S.-bound flight and make our way through a half-dozen checks of passports, boarding passes and tickets).

Our Airport Connection Shuttle whisked us into Paris in less than 40 minutes (shared with another family, it cost the four of us \$50, credit cards accepted). In the past, we had thrown our backpacks over our shoulders and headed for the convenient train/Metro into Paris. But with bigger bags this time, plus two children, the shuttle was a great choice for jet-lagged travelers.

Another bonus this time around was the conversion to the Euro instead of the local currency. No more dividing prices in francs or deutschmarks to figure out what it costs in dollars. Presently, an American dollar is nearly an even exchange for a Euro. Another change for those who haven't traveled to Europe recently: ditch those traveler's checks. As soon as we cleared Customs at the airport, we found ATMs. We got Euros there, and everywhere along the way (even the smallest French villages have ATMs). The ATMs yielded a better exchange rate than we had hoped and there was no need to change checks or cash dollars into Euros at banks or change bureaus.

Arriving at mid-day at our hotel located near the Eiffel Tower in the Rue Cler neighborhood, we knew we needed a little food and some entertainment to keep us going until a more appropriate time to sleep. We had a lovely, get-acquainted tour of Paris with just a short walk down to the Seine River (walking under the Eiffel Tower), and a Bateau Mouche boat ride. The hour-long tour (with English narration) points out some of the great sights of Paris as you glide under bridges and past anchored barges through the heart of this city.



Refreshed the next morning with a breakfast of rolls, croissants and cafe au lait, we launched our three day tour of Paris. First stop, the local Metro station and the purchase of a carnet (book of 10) of tickets for less than 10 euros per carnet. In the next three days, we used them all as we zipped around on the easy-to-navigate Metro, visiting the lovely Sacred Coeur cathedral and the lively Montemarte artist colony and exploring two museums. Must-sees included the Mona Lisa and Venus de Milo at the Louvre, and Whistler's Mother and Van Gogh's self-portrait at the Musee d'Orsay.

Next, it was our day of heights: climbing the stairs of the Towers of Notre Dame (even seeing the gargoyles up close), climbing the stairs to the top of the Arc d'Triomphe and taking the elevator at dusk (shorter lines and twinkly light views) up the Eiffel Tower. Our



favorite cheap souvenir? Buy a postcard and mail it to yourself from the Eiffel Tower post office...it comes with a great Eiffel Tower postmark.

Eating in Paris was never a problem: lots of choices from street carts to cafes to lovely (and moderate) sit-down restaurants. In our Rue Cler neighborhood, we dined on fabulous crepes (sweet, savory...and cheap), great Asian food, sandwiches and rolls from the local boulangerie (bakery), and groceries and fruit from the local market—all surprisingly inexpensive.



The biggest disappointment? A hamburger at an "American" specialty store. The burger was microwaved and limp.

see TRAVEL on page 6



TRAVEL from page 5

The 10-year-old thus learned—stick with what the locals eat! A note about Paris—despite what you may hear, we never had problems with pickpockets (that doesn't mean not to be vigilant) or rude Parisians. Quite the opposite...even if they didn't speak English, they would make a good attempt to help you buy things, understand or get directions.

All too soon, it was time to head to eastern France and the Alsace region's quaint villages, quiches and great wines. But before taking the train from Paris to Strasbourg, we loaded up on edibles from our local market. We had already bought train tickets the second day in Paris (2nd class, but with seat reservations), at the neighborhood SNCF rail office...it's important to buy/reserve during the summer tourism season. Arriving in Strasbourg four hours later,



we walked across the street to the rental car agency to pick up our "mid-sized" (in the U.S., it would be closer to "compact") car - a diesel, manual-shift, four-door Skoda. At about \$31 a day with Auto Europe's Europacar connection, the Skoda was a bargain and cheap on fuel.

Less than an hour later, via the French Autoroute (speed limit is 130 kilometers—about 80-85 miles per hour!), we arrived in tiny Beblenheim, one of the charming Alsatian "Route du Vin" villages, consisting of a cluster of homes and small shops. We easily found the three-bedroom flat my mother had reserved months before, nestled quietly among the vineyards...a rustic change after bustling Paris.

For the next 10 days, we split our time between long car trips interspersed with short visits to nearby towns and villages. One of our favorites was the enormous Haut Koenigbourg castle that towers over the Alsace region, less than 20 minutes from our apartment. The castle has been restored to its medieval heritage, but there are dozens of castle ruins atop the nearby hills of the Route de Vin.

An hour-long drive over the Vosges Mountains took us to the crystal-making town of Baccarat (with an excellent museum, lovely shops and a great riverbank park for picnics). From there, we headed northeast to the only Nazi death camp in France: Struthof, near the small mountain town of Natzwiller. The camp had been a ski resort in pre-Nazi times. Relatively small compared to the more infamous Dachau or Auschwitz, Struthof is nonetheless gruesome and haunting.



The closest city of any size near Beblenheim is Colmar, combining half-timbered homes, ancient cathedrals and charming canals with modern shops, including the Cora hypermarche. This store is like a Fred Meyer on steroids (where we found French wines at bargain prices and an Old El Paso taco kit!) Colmar also has Unterlinden, one of the best small museums we visited. The museum has an excellent glimpse of early French life. As a bonus, Colmar is also one of the few places we visited with convenient, FREE parking sprinkled throughout downtown, plus a big grocery/department store - Monoprix.

Shopping became our greatest introduction to culture (and probably will hold the most memories) since we really felt like we were living the French life. Whether we were looking for food at the weekly markets (the Monday market at nearby Kaysersberg was a great one), doing major shopping at the supermarket or Cora; tasting wines at one of the literally hundreds of Route du Vin "caves" or wineries, looking at French table linens or exploring little shops, we used our college French and tried to fit in with the locals. In Alsace, many people speak a second language, usually German. However, even our 10- and 14-year olds learned enough rudimentary French to get along, their accented "Merci" bringing smiles to the waiters and shopkeepers they encountered.

Another favorite activity was to get lost or simply head for a flag or castle on a hill in the distance. This can be scary at first (especially in Germany on the Autobahn looking for an exit at 110 miles an hour, or in downtown Basel, Switzerland during rush hour), but with good maps, good humor and a sense of adventure you find lots of treasures. But do plan ahead: Europeans have strict schedules. Most shops, save for restaurants, close from 12 noon to 2 p.m., so that's when you eat lunch. Don't plan to eat lunch after 2:00, unless you just want a drink at a café. Dinner isn't until at least 6:30. Also, most French and German villages shut down on Sunday, so that's a good time to plan a long, leisurely drive, visit a bigger city, or rest and relax.




Our 14-year-old enjoyed the hustle and bustle of Paris, our 10-year old felt more comfortable in the villages of Alsace, and my husband and I enjoyed the mixture of both, plus the ease of hopping (again without any border checks) between France, Germany and Switzerland in the Alsace region. Next time, though, we expect my parents to join us!

HEALTH from page 4**Leg cramps**

The Johns Hopkins medical staff says the best way to ease pain of a "Charlie Horse" is to gently stretch the calf by flexing the foot and massaging the muscle with your hand. Walk on a hard surface with your full weight on the heel. If the pain stays an hour, see a doctor immediately, because the pain may be caused by an inflammation of a vein (phlebitis). Cramps can be prevented by drinking at least 64 ounces of fluid daily, sleeping on your side, keeping bed covers loose and keeping legs limber by exercising and stretching.

Source: Johns Hopkins Medical Letter, August 2002, Vol 14, No 6, P 8.

Mayo Clinic's latest on cholesterol levels


You can raise the level of your "good" and lower your "bad" cholesterol by reducing the intake of saturated fats—no more than 10 percent of total calories, consuming no more than 300 milligrams of high cholesterol foods daily. Instead of butter, use plant stanol and sterol food spreads called Benocol and Take Control. They are available in grocery stores and can reduce cholesterol up to 15 percent. Eat your oats and the Mayo staff recommends a dietary supplement called Basikol, which comes in capsule of granule. Take all information with a grain of salt!

More new ways to prevent heart attacks

See the *Readers' Digest* August 2002 issue, pages 70-75. It has information on theory of LDL pattern B protein as the culprit in many heart attacks.

The Perks of Being Over 60

a note from the Internet

1. Your supply of brain cells is finally down to manageable size.
2. Your secrets are safe with your friends because they can't remember them either.
3. Your joints are more accurate meteorologists than the national weather service.
4. People call at 9 PM and ask, "Did I wake you?"
5. People no longer view you as a hypochondriac.
6. There is nothing left to learn the hard way.
7. Things you buy now won't wear out.
8. You can eat dinner at 4 PM.
9. You can live without sex but not without glasses.
10. You enjoy hearing about other people's operations.
11. You get into heated arguments about pension plans.
12. You have a party and the neighbors don't even realize it.
13. You no longer think of speed limits as a challenge.
14. You quit trying to hold your stomach in, no matter who walks into the room.
15. You sing along with elevator music.
16. Your eyes won't get much worse.
17. Your investment in health insurance is finally beginning to pay off.
18. You can't remember who sent you this.

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.

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Serving our membership with up-to-date information

Our membership chair speaks

Welcome new retirees

by Don Denton, 425-787-7881—
dondenton@jps.net

In June, a total of 102 school employees from Edmonds, Northshore, and Shoreline earned the new designation of "retiree." Thirty-four of those people had either joined Sno-King School Retirees while they were still employed and then automatically transferred from being "active" to "retired" members, or had joined upon retiring. When I use the term "active," it refers to those who are currently employed in school business. Whereas most of us retirees are more active than we would like to be at times, we are still designated as "retirees."

If you are a non-member who has received this complementary copy of our *Bulletin*, we would like you to join us in working to improve the retirement system. Most people (16,000 members statewide) do this by paying dues of \$4 per month. Some members volunteer their time and join us for activities, too, but it is not required.

\$3 of the \$4 per month dues goes to our state organization, the Washington State School Retirees Association, and is used mostly for informing legislators of our needs and informing members on issues and activities of interest. The other \$1 each month goes to support our local unit. Our greatest expenditures are our newsletters, our directory and our scholarships.

On the next page is a membership form. If you are not a member, we urge you to complete the form and send it to the return address on this *Bulletin*. Or look under your stack of to-do items and you will probably find the form and stamped envelope I sent you earlier. There is

SKSR BULLETIN BOARD



ENTERTAINMENT NEWS ALERT!

Entertainment Book 2003 is here! The new book is better than ever and costs \$10 less than last year! To celebrate Entertainment's 40th anniversary and the fact that the Seattle and South Puget Sound offices are moving, a price rollback will take place this year. Welcome news in these days of inflation! The 2003 Entertainment book will cost only \$30 this year.

Don't miss out. Call Donna at (206) 363-5753 or e-mail her at dmurrish@aol.com to reserve your copy. Remember, Sno-King earns 20% of each sale for our Scholarship Fund.

NEW DIRECTORY COMING

A new Sno-King directory will be published this fall. In order to have it as accurate as possible, please let us know as soon as possible any changes that should be made. If you're planning a move, please let us know your new address ASAP. Or if you want to add or change an e-mail address, or make any other corrections, please call Donna Murrish at (206) 363-5753 or e-mail her at dmurrish@aol.com. Or send a note to PO Box 33962, Seattle 98133-0962. Thanks!

UPDATE ON RUTHANNE WARREN

Ruthanne Warren is recovering from surgery in early summer and radiation treatment. Complications sent her back to Virginia Mason, but she's home now and gaining strength. Best wishes for her continued improvement as we miss her at our meetings. This year was the first time she has missed our annual picnic.

RETIRED SENIOR VOLUNTEER PROGRAM OPPORTUNITIES

- Volunteers will be needed to take water samples in October for National Water Monitoring Day. Kits will be available for groups to use. Each kit costs \$16.00. Call RSVP-425-257-2111 and ask for Peg or Krissy for more information.
- Volunteers are needed work with various police departments in Snohomish County. Must be over 55 and pass a Washington State Patrol background check. Call RSVP to enroll as a National Senior Service Corps Volunteer at 425-257-2111.
- Also looking for Retired and Senior Volunteers (age 55+) to be trained on Groundwater Contamination Simulators to demonstrate groundwater contamination to the elementary schools on a year-round basis. These volunteers would be part of Washington GOLD (Guarding Our Local Drinking water)—this group has also been trained to assist Class A water districts meet their federal mandated water protection plan. They have assisted Gold Bar and Index and private systems that could not afford the expense of an engineer. Volunteers are trained by the Evergreen Rural Water Association.
- Volunteer drivers are needed to transport elderly to medical appointments. Free cpr/first aid training provided. Must have clean driving record for five years. Mileage reimbursement. Call Rick at 425-388-0236.
- Volunteer drivers are needed to deliver fresh foods and canned goods to people with HIV/AIDS. If you are interested in delivering to a couple of clients, call Johnny at the HOPWA office. 425-257-2111 ext 3321.

also a printable form on our web site (sksr.org). Please join us! We need you, and you need us. Call me with questions.



Membership form for school retirees

DUES DEDUCTION AUTHORIZATION FORM
WASHINGTON STATE SCHOOL RETIREES ASSOCIATION

Please Print or Type 4726 Pacific Ave SE, Lacey WA 98503-1216

Name _____ Local Unit Number—**23**
(LAST) (FIRST) (INITIAL)

Address _____
(STREET) (CITY) (STATE) (ZIP)

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 _____

Picnic 2002

Rachel Lake presents outgoing president Bob Jones with a gift of appreciation from the unit for his work this year.



New retirees welcomed include Ed Orsborn, Robin Randles, Barb Baumgardner, Sue Alskog, Stephanie Kemp, Shirley Pauls, John Pauls, Alice Rundle, Clay Rundle and transferees Marie Ross and Ray Riegers.



Over 70 members enjoyed visiting and eating lunch at the picnic at the Edmonds City Park. Special "thanks" to Betty Odle, without whose organization and delicious meatballs, the event would not be nearly so successful.



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

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HELP US WITH INFORMATION TO PUT IN THE BULLETIN

The deadline for the next newsletter is 8:00 AM, Sunday, September 15.

Send news and other materials to

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

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

If you know of illness, please call Sunshine Co-Chairs, Gayle Bromley (206-364-1314) or Frances Peters (206-361-8594).

To help with mailing our next *Bulletin* on Tuesday, September 24, call Betty Odle (206-525-8276),

Ellie Bonnano (425-778-0751) or Ruthann Warren (206-367-0742).

Members on the Move

Change of Information

- P 5 Britton-Simmons Mary—PO Box 1750, Duvall 98019, 360-794-7163
- P 6 Bumgardner, Barbara—add e-mail: BarbBumgardner@msn.com
- P 7 Christensen, Evelyn—2085 Lake Isle Terrace, Eugene OR 97401
- P 12 Farquhar, Sharon—11415 SE Cedar Way, Portland OR 97236-7113
- P 12 Fellez, Leonard—404 3rd Ave S, Apt 105, Edmonds WA 98020-8422
- P 13 Fredrickson, A. Elaine—11804 98th Ave NE, Apt E Kirkland 98034-4246
- P 15 Harrison, Patricia A—1315 W. 18th St, Spokane WA 99203
- P 17 Hilton, Michael R—1714 Masters Dr, Banning CA 92220-6669
- P 18 Houser-Ferkovich, Joyce E—8817 - 27th Ave NE, Seattle 98115-3436, 206-525-8778
- P 25 Marum, Cynthia L—PO Box 242, Medina 98039-0242
- P 30 Pearse, Stephen J—3432 Aqua Lane, Langley 98260-8001

Name Change

- P 25 Marum-McKinney, Cynthia L, to Marum, Cynthia L



New Members

- P 4 Boudon, Johanna B—719 NW 116th St, Seattle 98177, 206-364-6292
- P 6 Burger, Virginia C—22910 102nd Pl W, Edmonds 98020-5132, 425-776-4896
- P 36 Shreve, GERALYN R—5314 NE 178th St, Lk Forest Pk 98155-4537, 206-364-3574
- P 44 Wronski-Molvik, Joan F—17018 Brentwood Pl NE, Seattle 98155-4350

Deceased

- P 18 Hudson, Meta—June 2002