



RETIREED TEACHERS ASSOCIATION

September 1988

PRESIDENT'S MESSAGE

BULLETIN

Greetings! We are starting a new program year. Much work is ahead of us, particularly as we hope the 1989 Legislature will consider and pass a COLA bill. But, we cannot leave the contact work to a few. I urge each one of you to identify and call or write your state senators and legislators now and again after the general elections in November.

Gordon Bowers, our Legislative Committee Chairman, will keep us advised about what to say. However, no one can make the personal contact with the legislators that you can.

We will need more volunteers to serve on the Telephone Committee, co-chaired by Ruth Westerhuis and Winnifred Smith. If you can give time at home to call our members about critical issues, please let me know. You do not need to be active in an office or on a committee. You will not be required to attend meetings or drive all over the area.

Ruth and Winnie will have a sign-up sheet at the September 15 meeting. Please call me (363-7750) or send me a note at my home address (16420-38th Avenue, N.E., Seattle, WA 98155) that you want to help. The more people that volunteer the fewer names each will have on their list to call.

John Hunter, President-Elect and Program Chairman, has announced that our program for our September 15 meeting will be Mrs. Townsend from the CAPRI program. Her topic will be "Before and After a Heart Attack".



Hope to see you on the 15th,

Jim Becker, President

NOTES OF AUGUST SNO-KING RTA BOARD MEETING

The Sno-King RTA Board met at John Hunter's home in Hansville on Hood Canal August 10. Dates and locations of the year's meetings were confirmed. Roster of unit officers to attend WSRTA Leadership Conference in Ellensburg on September 8 was prepared.

Committee chairmen were announced. Myra Sorenson will be Acting Treasurer when Gordon Roberts is out of town.

Unit volunteers will assist at the Edmonds School District blood drive on August 26. Volunteers are needed to serve on the Telephone Committee, especially during the 1989 session of the Legislature.

Brief notes and action items from Board meetings will be placed in the Sno-King RTA Bulletin as a means to keep members informed. President Jim Becker and Secretary Edie Kirkpatrick will collaborate on notes to be included.

Budget for the year was adopted. Estimates of revenue (\$2170) were based on 250 unit members and 10 associates.

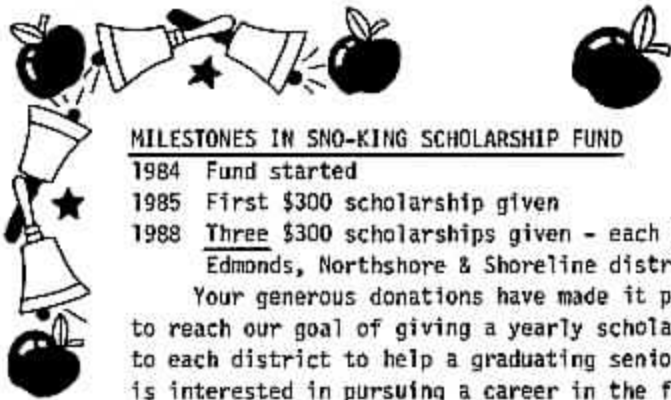
Memorials for deceased members and their spouses will be made as donations to the Sno-King Scholarship Fund.

WSRTA's approved membership expansion project will be implemented only after our local unit Membership Committee has attempted to recruit retirees for two (2) years after their leaving active teaching.

COMING EVENTS

- September 8 WSRTA Leadership Conference, Ellensburg
- September 14 1:30 p.m. Board Meeting, Jim Becker's home, 16420-38th Ave NE, 363-7750
- September 15 1:30 p.m. Regular meeting in Edmonds School District Board Room. Speaker - Mrs. Townsend from the CAPRI program.
- October 12 1:30 p.m. Board meeting at Kamilla Aarseth and Marvel DeSordi's
- October 20 Noon Scholarship Luncheon - Edmonds Unitarian Church





MILESTONES IN SNO-KING SCHOLARSHIP FUND

- 1984 Fund started
- 1985 First \$300 scholarship given
- 1988 Three \$300 scholarships given - each to Edmonds, Northshore & Shoreline districts.

Your generous donations have made it possible to reach our goal of giving a yearly scholarship to each district to help a graduating senior who is interested in pursuing a career in the field of education.

During the last fiscal year 16 memorials and one honor donation were given to the fund. It received 26 contributions, ranging from several dollars to \$300, plus numerous miscellaneous small donations whose donors are nameless. Luncheons and raffles account for much of our income, and bank interest provided the fund with some \$333. Many of our members donate their state mileage money or the value of their other contributions to the scholarship fund by submitting bills to the treasurer and giving the check to the fund. It's a good way to contribute - so don't be hesitant about collecting your expenses.

Our unit now gives a memorial for deceased spouses as well as for members, and the amount has been increase to \$25.

Our next goal will be to raise the amount of the scholarships we give. With college costs increasing - a single textbook can cost \$60 or more - we would like to offer more help to worthy students.

Please help us do this.

SNO-KING RTA SCHOLARSHIP FUND 1987-88

Balance July 1, 1987		\$6208.16
Revenue, 7/1/87-6/30/88	\$1,874.49	
Expenditures, 7/1/87-6/30/88 (3-\$300 scholarships)	900.00	
Balance 7/1/88		\$7182.65

SNO-KING RETIRED TEACHERS' SCHOLARSHIP FUND

The purpose of the Sno-King Retired Teachers' Scholarship Fund is to assist carefully selected graduating Seniors from Edmonds, Northshore, or Shoreline School Districts majoring in education 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:

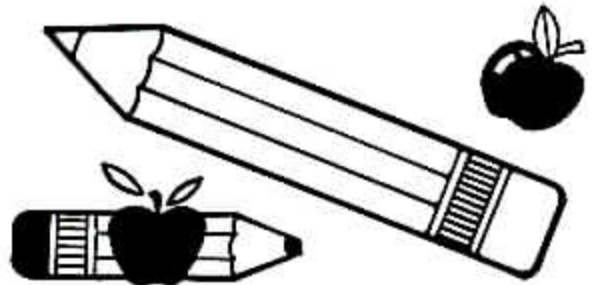
Name _____

Address _____

Donor's name _____

Address _____

[Make check payable to Sno-King Retired Teachers' Scholarship Fund. Mail to: Sno-King Retired Teachers Association P.O. Box 5253 Lynnwood, WA 98046-5253



IF YOU HAVE NOT PREVIOUSLY SIGNED UP FOR AUTOMATIC DUES DEDUCTION, OR IF YOU PAY WITH CASH AND HAVE NOT PAID YOUR 1988-89 DUES, PLEASE FILL OUT THE SECTION BELOW AND MAIL TO SNO-KING RTA, P.O. BOX 5253, LYNNWOOD, WA 98046-5253

SNO-KING RTA - WSRTA MEMBERSHIP APPLICATION
(Membership year is from July 1 to June 30)

Name (please print) _____
Last First Middle

Address _____ Apt. _____

City _____ State _____ Zip _____

Phone No. _____ Social Security No. _____ Retirement No. _____ (If known)

- I hereby authorize the Washington State Retirement System to deduct WSRTA dues at \$2.00 a month. I understand this authorization makes me a continuing member of the association and will be cancelled only by written notice from me. Cancellation is only effective at the end of the fiscal year - JUNE 30.
- I also authorize the Washington State Retirement System to deduct the dues for membership in Sno-King RTA at \$05 a month.

- I prefer to pay my dues by check. \$24.00 for WSRTA \$6.00 for Sno-King RTA
- Enclosed is my check for \$ _____
- \$2.00 for Sno-King Assoc. \$ _____
- I'd like further information about the NRTA Division of AARP

(Signature) _____ (Date) _____

(Mail to Sno-King RTA, P.O. Box 5253, Lynnwood, WA 98046-5253)



Date September, 1988

Dear Sno-King RTA Member,

I have been informed of your interest in 55 ALIVE/MATURE DRIVING.

The course is given in two separate sessions over a two-day period. Each class day lasts approximately 4 hours. You must attend both days to be awarded a certificate of completion. The classes are taught by trained volunteer instructors. Here are the details of my next 55 ALIVE/MATURE DRIVING Course:

Dates October 12th and 13th, 1988 *Brown Bag Lunch Break*
or October 26th and 27th, 1988 Time 9:00-2:30

Place Edmonds Parks + Recreation Center - 700 Main, Edmonds

The course fee is \$ 7.00 for each participant. Please enclose with the enrollment application below a check or money order made payable to "AARP". Do not send cash.

Enrollment in 55 ALIVE/MATURE DRIVING is limited, so please send your enrollment application immediately to the address below.

Registration for this course closes on October 10th, 1988.

I look forward to meeting you at 55 ALIVE/MATURE DRIVING.

Sincerely,

AARP Trained Volunteer, Instructor

Mail your enrollment application below to: Betty Puckett ^{*Sno-King RTA*} ^{*(Community Service)*}
8235 Ashworth Ave N. ^{*Chm.*}
Seattle, Wa. 98103
Phone 522-8921

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Please enroll me/ us in the 55 ALIVE/MATURE DRIVING Course on dates _____ . Enclosed is a check/money order in the amount of \$ _____ which I understand is not refundable.

Mr. Mrs. Miss Ms.

This enrollment covers:

Self @ \$ _____

and Spouse @ \$ _____

For TOTAL \$ _____

Street _____

City _____

State _____ Zip _____

Phone () - _____



Marion Bellows is now a believer that incidents happen in threes. While she was attending the WSRTA Convention in June her house was burglarized - only sentimental jewelry taken and no damage to the house. In mid July after attending "The Music Man" with her children, she was the victim of a strong armed assault by a fellow who came out of nowhere, grabbed her purse, and took off running. Son and son-in-law chased him for three blocks; crook finally dropped the purse intact and kept running. So her sons returned victorious - with the purse. Then the next day she got a bee sting on her left big toe. Now don't you think that is enough to happen to one person in six weeks!! By the way Marion Bellows is now serving on the Board of Directors of the Public Education Fund for District 15!

We are sorry to report the death of Paul Bolerjack. Our deepest sympathy to his wife, our member Frances Bolerjack.

Dick Sacksteder and his wife, Barbara, just returned from a six week trip to Europe. I hope that he will be getting a new slide show together. We really enjoy his presentations.

Our members Bud and Ruth Hansen had a great trip to Ireland this past summer.

Betty Odle spent a week in Denver in July at a NRTA workshop for state Pre-Retirement Planning chairmen.

HEALTH NOTE

DRUG DANGER IN A TEACUP

At least twenty-six herbal teas contain toxic ingredients that have caused serious illness and death, warns Paul M. Ridker, M.D., Harvard Medical School. In *Archives of Environmental Health*, Dr. Ridker described their effects on the gastrointestinal system, blood, heart, and nervous system. In addition, some teas, such as chamomile, cause allergic symptoms in people sensitive to ragweed, asters, and chrysanthemums. Of particular importance: patients on anticoagulant drugs should avoid teas containing coumarin, including tonka beans, melilot, and woodruff. Three serious cases of liver failure have been recorded owing to comfrey, groundsel, and gordolobo, all of which contain toxic alkaloids. Most of these teas are available in health food stores, and there is no requirement to label them for toxic potential.



SON OF HEAVEN Imperial Arts of China EXHIBIT - WSRTA private showing to be 7 PM, October 22, 1988. Location: The Seattle Center Pavilion. Cost \$10 per person - send to WSRTA, 1501 S. Capitol Way, Suite 103, Olympia, WA 98501-2243 as soon as possible to ensure a space for you. (Those who attend MUST arrive at 6:30.)

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

