
SNO-KING SCHOOL RETIREES

NEWS

SEPTEMBER 1998

President: Don Denton, 425-672-6746 Editor: Betty Odle, 206-525-8276

Treas: Donna Murrish, 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

Whether you are back to school or continuing to enjoy retirement (or some version thereof), we are rolling on a new fiscal year for Sno-King School Retirees. We had a great picnic in July attended by a nice mix of 70 seasoned and new retirees. Your Board (committee chairs) met in early August to plan activities for the year and then attended the state WSRTA Leadership Conference in Wenatchee on the 27th.

On September 2nd, our Board will join the boards from eight of our other local northwest region units in Mukilteo to plan for the Political Action Season. We will look for ways to encourage our members to become active in political campaigns and to communicate our needs directly to candidates.

At the September 2nd region meeting, we will be making a Legislative Excellence Award presentation to State Senator Jeanine Long (44th District) on behalf of our state association WSRTA. Senator Long, who is chairman of the Joint Committee on Pension Policy, has been very supportive and helpful in our successful quest to receive a regular COLA and a portion of the excess earnings from the state retirement fund.

Our first general meeting on September 17th, will feature LeRoy Middleton, representing the Edmonds Museum. He will tell us about the history of Edmonds as shown through slides made from historic photos from the museum's archives. At the conclusion of the meeting, you are encouraged to drop down the hill and visit the museum itself. You might have seen the recent newspaper article on their exhibit depicting the influence of trains on our area.

Don Denton

SEPTEMBER 17 MEETING FEATURES HISTORY OF EDMONDS

We are pleased to have LeRoy Middleton to share slides made from historic photos of Edmonds that are from the archives of the Edmonds Museum. The meeting will be in the Board Room of the Edmonds School District Office, 20420-68th AVE W, Lynnwood at 1:30 p.m. on Thursday, September 17.

Bring your friends to learn some of the history of this great little city in our Sno-King district. This is a great time to visit with friends and share your summer experiences.

Hope we see you there!

COMING EVENTS

- Sept 2 Coordinating Council Meeting - Joint NW-1 and NW-2 - Subject - Legislative Workshop - 10 AM -1 PM Everett at Our Savior Lutheran Church, 215 Mukilteo Blvd.
- Sept 10 1-3 PM Sno-King Board Meeting at AARP Washington State Office
- Sept 17 1:30 LeRoy Middleton from Edmonds Museum will tell us history of Edmonds - Edmonds Board Room.
- Oct. 8 1-3 PM Sno-King Board Meeting at AARP Washington State Office
- Oct. 15 NOON Fall Scholarship Luncheon at Edmonds Unitarian Church

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* SEE PAGE 5 TO DECODE YOUR LABEL, i.e. : DD, TE, 7/1/98, ???, and COMP *
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MEMBERSHIP EXPANSION COMMITTEE - Don Denton, Chair, 425-692-6746

Our recruiting focus this year will be on the remainder of the Northshore schools, the schools we did not visit last year. It is our intent to share information about the state retirement system with the "actives" and invite them to join our organization. Among the goals of our state association is a desire to improve plans 2 and 3 for those still employed.

If we come to your school, please encourage your colleagues to join.

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

Our wishes for a speedy recovery to Joanne Dunn who goes in for surgery on August 31. We need her expertise during the political season.

Irma Bendock is still in the recovery stage of her recent illness - she is staying with her son until she feels strong enough to be by herself. She wants to thank all who sent their prayers and cards to help her recover.

Our Sunshine co-chair, Fran Peters, has been under-the-weather with bronchitis and allergies. We need to keep our sunshine people healthy!

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: September 9 and 10, 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.

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

The campaign season for state legislative races is now upon us. Political candidates now have their campaigns in full swing and are desperate for money and volunteers. The Sno-King RTA has a commendable history of political involvement, and it is important that we continue that tradition. The fate of public education in general and our pension plan in particular lies in the hands of state government. It is vital that we elect responsive legislators who will address the issues which are important to us. It is equally important that those elected acknowledge that they had active support from members of the retired teachers group. Elected officials tend to remember who helped them when critical votes arise. I encourage you to actively support and work for a candidate of your choice this summer and fall, and make sure the candidate knows you are from Sno-King School Retirees.

NEWS OF OUR MEMBERS

Joanne Cordz has just returned from a 5-1/2 month trip in her Bounder motor home. She traveled around the perimeter of the U.S. plus Nova Scotia, New Brunswick and Prince Edward Island. Her cat, Mittens, enjoyed the trip but was happy to return home.

Joanne has only 6 more states to visit before she reaches her goal of all the states in the contiguous U.S.

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 \$2 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.

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 compales.. **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

Sno-King retiree *Walt Wolff* recommends a one-week cruise along the shoreline of Canada and Alaska "as a way to reward yourself." In Vancouver, B.C., Walt boarded one of the Celebrity Line's two new ships, the "Galaxy," which accommodates more than 2,000 passengers and 1,000 crew members.

For sheer beauty and appreciation of nature, the trip can't be beat, according to Walt who says the June 5 cruise was augmented by landing atop a glacier, taking a jet-boat trip, seeing a myriad of wildlife, and "eating myself into a diet."

From Vancouver, the ship sailed to Anchorage to spend a day. The next day, it came up the thin, twisting Lynn Canal to Skagway, an historic town of 600, whose population swells to 6,000 when three cruise ships tie up at the pier. Facing the natural "canal" to the south, the town is squeezed narrowly between mountains on the east, west and north.

Skagway, as everyone recalls, was the jumping-off point during the 1898 Gold Rush for would-be miners, who then clawed their way up the mountain to White Pass, bound for the Yukon. For many years, the only access to Skagway was by boat, or by bush plane pilots who skimmed the canal to land on the skinny Skagway airstrip. The circling take-off to dodge the mountains was always the tricky part, and still is.

In recent years, a two-lane, paved road has been built up the same steep route used by the miners, crossing White Pass into Canada's Yukon Territory toward the town of Whitehorse, three hours to the north.

Walt got a glimpse of everything during the day in Skagway. In the morning, he and a dozen others took a 90-minute jetboat trip down the canal and up a small river for about 10 miles, viewing moose, deer, mountain goats and birds. After lunch, there was a four-hour excursion aboard the White Pass and Yukon Railroad up the mountain to White Pass.

The ship spent much of the next day at Hubbard Glacier. "The bay was full of ice floes, but our ship came right up to the glacier, within several hundred yards," Walt said. The face of the glacier is six miles wide and 400 feet high, "and pieces of the glacier were breaking off regularly and falling into the bay. It was really awesome."

In Ketchikan the next day, Walt embarked on a helicopter trip to the top of Mendenhall Glacier. "The pilot left the five of us there for about 45 minutes while he ferried another group back to the ship," Walt said. "We wore special boots, and guides were there to tell us about the glacier and blue ice." The cruise ship returned to Vancouver at week's end.

* * *

Speaking of cruises, sometimes the airfare included in the cruise price is a good deal because the price also includes transfers, airport fees, etc. But there are times when, if you feel like freelancing a bit, you can subtract that cost from the package price and save some money.

An example: my husband and I are spending a week in October aboard the historic "Delta Queen" sternwheeler, paddling up the Mississippi River from Memphis to St. Louis. When we dissected the package price, we discovered the round-trip airfare from Seattle into Memphis and out of St. Louis amounted to about \$800 per person. Even though the split locales means we'll essentially be paying for two one-way fares, the price still seemed steep.

Additionally, I need only 1,100 more miles to earn a free United Airlines Frequent flyer ticket. Otherwise, I'll lose 12,000 miles if I don't cash in all the miles by Dec. 31, 1998. Unfortunately, the airline being used in the cruise package is not United.

So, I called a couple of the discount-airfare numbers in the yellow pages and uncovered round-trip tickets aboard United for \$314 each. Savings? Nearly \$1,000. Granted, we'll have to handle our own transfers to and from the airport. But we do that on most of our trips anyway.

* * *

One way to see Alaska is from a cruise ship, taking the water route as Walt Wolff did. Another is the way Sno-King retiree *Barbara Berg* and her friend did this summer—7,200 round-trip miles by auto.

The Pair drove Barbara's new car up the Alcan Highway through Dawson Creek, Whitehorse and Dawson City, crossing into Alaska at Chicken (yes, that's the name of the border town). Their itinerary then led to Tok, Valdez, Copper River, Anchorage and Homer. They liked the Kenai Peninsula town of Hope, a Gold Rush settlement. "Hope still has the natural charm and character of the Gold Rush days," Barbara said, comparing it to Skagway which is often overrun with thousands of tourists during the brief summer.

Another high spot of their trip was the week Barbara and her friend spent in Fairbanks with an Elder Hostel group. This stay included a flight over the Arctic Circle and a visit to Fueling Station #5 on the Alaska Pipeline. Then they headed for Denali, Delta Junction and Haines, where they impulsively caught the ferry *MV Malaspina* to Juneau. Their homeward route then took them down the Cassiar Highway, an alternate, less-traveled road.

What will Barbara remember about her five-week odyssey? Great seafood at the Alaska Chowder House in Anchorage, the best stay of the trip at the Drummond Motel in Williams Lake, B.C., and the fact that her new car only sustained one small nick in the windshield over the whole 7,200 miles.

If you have questions, information or a contribution for this column, call Terri Malinowski, 426-483-8344 or email her at terrim@accessone.com

**CHECK YOUR LABEL FOR DUES PAYMENT CODE
SEE PAGE 5 TO DECODE**

This the last complimentary issue for new retirees - we hope you will use one of the coupons on page 5 to join if you have not already done so. Those who are paying cash also need to pay your dues if your label does not have a 1999 date. Those who have ??? will need to pay dues or join with automatic dues deduction in order to continue receiving the newsletter.

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

CHOLESTEROL STUDIES OF 3rd & 4th GRADERS A medical-educational research project in North Carolina schools had shown that heart disease takes root in early childhood. Autopsies of young children killed in accidents have found their arteries already clogging, more are obese, exercise less, gym classes do not provide vigorous exercise, and some schools have eliminated gym classes.

Researchers at the University of Chapel Hill selected 422 children 9 to 10 years old who got little exercise, were obese and had high cholesterol levels - averaging 179. The children were divided into three groups. The first group had teacher taught healthy nutrition habits two days a week and had gym classes that kept them moving, 20 minutes - three times a week. The second group "control" followed the routine State guide for physical activity. Those in the third group were removed from the class for a part of each day for individualized instruction from nurses plus vigorous exercise.

Researcher Joanne Barrell reports that group one - heart-healthy education, with vigorous exercise, taught by the regular teacher had the best results, with an average drop of 12 points in comparison to the control group with almost no change. There was no parent involvement, and no change in home diets. Though the experiment lasted only two months, a year later the group one children's cholesterol level was still low. Now, the National Institute of Health is urging schools nationwide to copy the program.

AVOIDING HEAT TROUBLE WORLD WIDE, JULY WAS THE HOTTEST MONTH IN 120 years on record. We may have a few more very hot days this year, and Shaughn Maxwell, paramedic at Snohomish County Fire Dist. 111 has some good suggestions: to prevent heat stress, reduce physical activity as much as possible. "Muscle Cramps" are the first tell-take signs - it means the body is low on fluids and electrolytes - the patient needs liquids right away. Other symptoms of mild heat problems include irritability or weakness; prickling sensation and tiny red skin bumps - treat by resting in a cool, shady area and drinking plenty of water; wet the skin.

Symptoms of more serious heat exhaustion are: excessive sweating, increased body temperature, nausea & dizziness, extreme fatigue and thirst: treat with cold compresses on armpits and groin. Medical treatment may be necessary. Symptoms of severe heat stroke: Lack of sweating or loss of consciousness, deep rapid breathing and possible irregular pulse, dizziness and confusion. CALL 911, wrap the patient in cold, wet sheets, or cool as best you can. According to paramedic Maxwell, those with high risk for severe heat stroke include the elderly, small children, over-weight persons and/or sufferers of heart, lung or kidney disease.

CHEERY THOUGHTS FROM "TIDBITS OF SNOHOMISH COUNTY" - the parts of your body most sensitive to touch are your lips, because there are more nerve endings there. Lips appear red because of the thinness of the skin, which allows the red blood vessels underneath to show through.

MORE ON PROTECTION FROM THE SUN - Dr. Cymthis Wilcox suggests that we should be "sun aware" and ward off the three forms of skin cancer: squamous cell carcinoma, which develops from a solar keratosis or "sunspot", and can spread to other body parts; basal cell carcinoma is similar, but rarely spreads. The skin cancer that is for all ages most deadly - melanoma, but all three can be cured if discovered early enough. STAY OUT OF SUN 11 AM-3 PM!

HIDDEN HEART ATTACK RISKS - please read this six page article in READERS' DIGEST, AUG '98, p. 49 - covers the various tests for those with an ominous family history, but need monitoring for several abnormalities that are not detected by usual tests.

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

TELEMARKETING FRAUD ALERT!!!

A person calls your home saying they are your telephone technician conducting a test on your phone line. To complete their test, they ask you to hit "9", "0" and the "#" and then hang up. According to the phone company, when you push "90#", you are giving the requesting person full access to your phone line. They then place long distance calls, billed to your phone number. Some of these SCAM callers are calling from local jails.

Our advice: HANG UP IMMEDIATELY AND REPORT IT TO YOUR PHONE COMPANY.

Call Barbara if you know of any scams that our members should know about. Also let her know if you have any ideas about mini-tours around the region that would be of interest to our members.

TREASURER'S REPORT

Sno-King Budget		Sno-King Scholarship Fund	\$2,860.00
Carryover from 97-98	\$5,279.76	Income	<u>40.93</u>
Income to date	2,045.45		2,900.93
Expenses to date	<u>192.40</u>	Expense, scholarships	<u>2,000.00</u>
			\$ 900.93
Balance	\$7,132.81	Scholarship CD	\$23,080.35
		Beginning 1997-98	18,000.00
		Interest	2,080.35
		Sno-King Endowment	<u>3,000.00</u>
			\$23,080.00

CHECK YOUR MAILING LABEL!

If you have **7/1/98** above your name that means your 1998-99 CASH DUES ARE DUE JULY 1, 1998!

If you are retired and have **DD** above your name you are on automatic dues deduction.

If you are an active school employee on automatic dues deduction there will be a **TE** on the first line.

If you find **???** that means that you were on automatic dues deduction but for some reason you are no longer - it may be that you retired but did not sign the new form which automatically transfers your membership, or perhaps you are on "Leave of Absence". Retirees can use Form B if TRS or Form C if PERS for automatic deduction. Those on Leave of Absence can stay on our membership rolls by using Form A and pay cash until you are reinstated by the school district. Call Treasurer Donna Murrish, 206-363-5753, if you have any questions.

Those with **COMP** above their name are officials of WSRTA or AARP or Presidents of other Units, etc. or new retirees who will receive complimentary newsletters in July and September.

We do not want to drop any of our members from our newsletter list but the cost of the newsletter and the roster and mailing take up about \$7.00 of each person's yearly \$12 local dues, so if you have a date that is not 7/1/99 or have ??? above your name please send in your dues for the year beginning July 1, 1998.

If your records do not agree with ours, please call Donna Murrish, 206-363-5753.

(A)

WASHINGTON STATE RETIRED TEACHERS ASSOC.

Local Unit #23: Sno-King School Retirees
CASH PAYMENT

Name _____

Phone _____

Address _____
_____Winter (if different) _____

Soc. Security No. _____

Legislative District _____

Signature: _____

MEMBERSHIP DUES: \$48.00 Per Year

(includes \$36 state and \$12 local)

Associate Member dues- (spouse) - \$2

Total Amount Enclosed: \$ _____

(Make check out to Sno-King School Retirees and send payment to:

Sno-King School Retirees

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

It's easy to forget when dues are renewable, unless you are on Automatic Dues Deduction. If you are on cash payment please use Form (A) ; 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!

Send all forms 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: Sno-King School Retirees

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. _____

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) _____ TOTAL (\$4) _____ per month

Signature _____

Date _____

(Send form to Sno King School Retirees, P O Box 33962, Seattle, WA 98133-0962.)

(C) DUES DEDUCTION AUTHORIZATION FORM - PERS

WASHINGTON STATE RETIRED TEACHERS ASSOC.

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

Local Unit No. 23: Sno-King School Retirees

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. _____

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) _____ TOTAL (\$4) _____ per month

Signature _____

Date _____

(Send form to Sno-King School Retirees, P O Box 33962, Seattle, WA 98133-0962)

TIME FOR SCHOOL

The retired segment of Sno-King School Retirees would like to wish all of those members who are returning to school a very good year. We hope that the classroom teachers have students who are eager to learn.

We recognize that each year brings new problems that need to be addressed, but we are confident that you will be able to solve them.

Please know that the retirees are thinking about you and if we can help in any way, please let us know. Call President Don Denton, (425) 672-6746, or President-Elect, Rita Requa, (206) 362-5220, with your concerns.

entertainment '99

Now is the time to begin thinking about your 1999 Entertainment Book! Sno-King is planning to have them available for sale again this year so please keep us in mind when you go to buy yours! Remember that we retain \$8.00 for our Scholarship Fund for each \$40 book sold. Last year we realized nearly \$300 for the Fund. Thanks to you!

Did you know that you can also purchase books for other states - a nice gift for someone you may send to? Prices are not all the same for every state. Some are the same as in Washington and some are less. You can purchase them through Sno-King and our unit will get credit for them.

The books will be available at the September and October meetings. You can call Donna Murrish, (206) 363-5653 or use one of the coupons below together with your check for \$40 made out to Sno-King School Retirees and sent to: Sno-King School Retirees, P. O. Box 33962, Seattle, WA 98133-0962. Donna will see that you get your Entertainment Book immediately.

Buyer's Name _____
 Address _____
 City _____
 Phone (day) _____
 Date Ordered _____ Amount _____

Buyer's Name _____
 Address _____
 City _____
 Phone (day) _____
 Date ordered _____ Amount _____

News deadline for OCTOBER Bulletin is SEPTEMBER 17, 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 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.