Sno-King
School Retirees

October 2002

The SKSR Bulletin

A message from our president

A New Beginning

by Alice Bingaman, 425-778-1343

Where did it go? Summer's flown, bringing us the beautiful colors of fall with somewhat nippier weather, especially at night, and cooler days that invigorate me to do more work. There's plenty of it, with my having substituted for five weeks last September, which lasted through July second this year. Oh my! Time to do catch-up and clean house.

Speaking of the weather, we need to be thankful for our missing both the floods and tremendous forest fires experienced elsewhere in our country where many people lost homes and businesses. Of course, I've always said that we who live in the Northwest do, indeed, live in God's country. I can't imagine living elsewhere. I guess my prejudice has rubbed off on my nine children and many grandchildren, all of whom have stayed here.

With fall comes the resumption of our activity/business year, including regular meetings with our fellow retirees. Your board has been busy, having had two meetings already; also, seven attended WSSRA's Leadership Conference in Wenatchee in late August. Braving the heat were Rachel Lake, Dave Johnson, Donna Murrish, Bruce and Jo Caldwell, Betty Odle and me.

Coming up is our fall scholarship luncheon at the Edmonds Unitarian Church. There will be lots of good food, opportunities to catch up with old friends and meet new ones–much merriment, a raffle and entertainment by an EWHS vocal music group. Bring a fellow retiree to introduce him/her to the fun of enjoying our organization that continues to nurture the camaraderie and skills of our life careers. After all, we didn't quit enjoying life or being involved in it

see **PRESIDENT** *on page 2*

YOU'LL FIND INSIDE

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

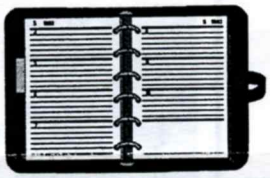
October 10
November 14
February 13
March 13
April 10
May 8
June 12

PRESIDENT *from page 1*

when we entered our golden retirement years. The more involved we are, the younger we feel and the more we enjoy each day.

I would urge all of you to become active in the one organization working to enhance our lives with social activities and community service opportunities while seeking to increase our shrinking pensions.

Yes, the year is starting off with plans to increase pressure for pension reform. We need help from all of you to make that a fact, not just a wish.



MARK YOUR DATEBOOK

Coming Events for Sno-King School Retirees

October 17 ..... Scholarship Luncheon, Noon
Edmonds Unitarian Church
EWHS vocal group

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

Scholarship Luncheon October 17

by Betty Odle, luncheon chair

Please join us on Thursday, October 17 for the fall scholarship luncheon at the Unitarian Church, 8109 224th SW, Edmonds. In addition to a delicious lunch, you can treat yourself to chances to win some special gifts: an Entertainment 2003 book, Husky football tickets, a stock pot, etc. All proceeds from the luncheon and raffle will benefit our scholarship fund.

Especially appealing are the FREE LUNCHES for any SKSR member who brings a guest who joins SKSR at the luncheon. Both the current and new members eat for free!

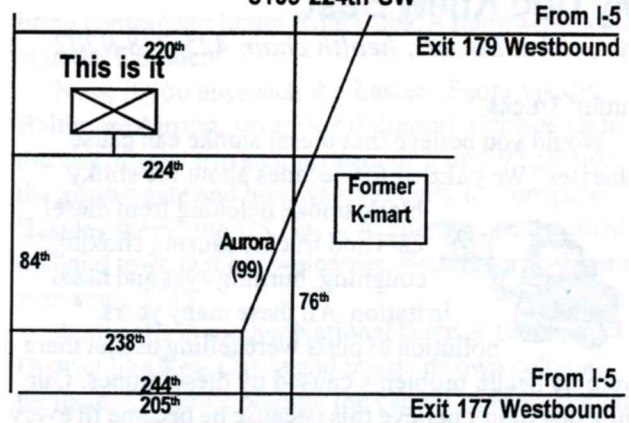
The menu features Sno-King cooks' special hot dishes and salads–always delicious. Please call Cheryl Bickford, 206-363-2731, or Betty Odle, 206-525-8276, by Monday, October 14 for reservations for the $5 donation luncheon. If you can contribute a salad or hot dish, please let Cheryl or Betty know when you make your reservation.

We will be awarding $4,000 worth of scholarships this year. $1,000 each to a graduating senior in the Edmonds, Northshore and Shoreline school districts and one $1,000 scholarship at large. In January information will be sent out to the schools regarding the scholarships, so if you know worthy seniors in those districts, who are planning to make teaching a career, please encourage them to apply.

Please note the special insert about the luncheon and the program–keep it handy to remind you to come and bring a friend and to make your reservation.

If you cannot attend the luncheon, you can contribute to the scholarship fund using the form in the flyer.

Edmonds Unitarian Church
8109 224th SW



December Legislative Breakfast

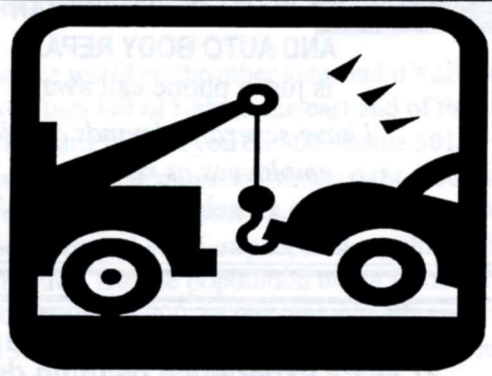
by Jack Rogers, legislative chair

Sno-King will once again be sponsoring a Political Action breakfast in December. All members are welcome and we'll be inviting our recently elected and re-elected legislators to attend. This will be an excellent time for us to meet and hear from our elected representatives just before they have to return to Olympia for the next session. It will also give us a chance to inform them of our concerns about pensions and the world in general.

The food will be good and abundant. It will also be free. (Your dues dollars are at work!) So plan to RSVP to me once the date is confirmed. It will probably be held at the Edmonds Masonic Lodge, same place as last year. This meeting is a good way to get information on the upcoming state legislative session and to hear an update on our state organization's agenda. Put us on your calendar.

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

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

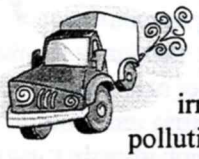
Health tips for you

My Dog Knew Best

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

Puffin' Trucks

Would you believe that diesel smoke can cause illnesses? We puzzled for decades about the stinky black smoke belching from diesel cars and trucks, causing choking, coughing, burning eyes and nasal irritation. All these many years, pollution experts were telling us that there were no health problems caused by diesel fumes. Our little dog didn't believe this because he became ill every time he breathed diesel smoke.



In September, the Environmental Protection Agency concluded that after decades of research, some of the health problems caused by the complex mix of gases and fine particles from diesel engine pollution range from respiratory illness to potential cancer hazards. There have been some improvements in diesel emissions since 1990 when the US government began pushing for emission controls on diesels. However, significantly cleaner engine exhaust is scheduled for 2007–WOW! But be sure to put your gasoline-fueled car through emission tests the same as we have done for so many years. How could our little dog have been so smart?

Source: Seattle *Times*, September 4, 2002, P. A4.

Latest treatments on brain tumors

Each year more than 17,000 Americans are diagnosed with brain tumors, and nobody knows why. The number of patients is increasing–people age 70 or older had an increase of sevenfold since 1970 (adjusted for population growth). Why an increase? Guesses include environmental hazards–air/water pollution, electronics–and the British government has issued a statement that wireless (cell) phone use by children should be discouraged, though there is no evidence.

As with most health problems, early treatment is essential, and the *Johns Hopkins Medical Letter* (September 2002) gives the warning signs of a brain tumor: headaches that tend to be worse in the morning or while lying down and ease during the day; seizures; vomiting, with or without nausea; blurred or double vision; abnormal eye movements; weakness or numbness in the arms or legs; stumbling or uncoordinated walking; unusual drowsiness; impaired thinking, memory or speech; and personality changes.

New treatments have been successful enough to give patients and their families more optimism than ever before. One of the newer treatments goes by a whopper of a name–radiotherapy-fractionated-stereotactic. This means that instead of one large dose of radiation, several small doses over a longer time work well. Normal cells tolerate small doses, but tumor cells can't.

Another new treatment is surgically implanted wafers which slowly release chemotherapy medications that aid recovery.

Source: *The Johns Hopkins Medical Letter*, September 2002, P. 3.

Car accident report to insurance company

The driver wrote, "The telephone pole was approaching fast. I was attempting to serve out of its path when it struck my front end."

Misdiagnosed genetic disorders

Manic depression was the term used to describe unsteady mental swings–ups and downs. Now the same problem is called bipolar disorder and includes many types of attention-deficit/hyperactivity-disorder (ADHD) that received so much attention in American schools in recent years. Adults with bipolar disorders usually have extreme highs and lows, ranging from high pleasure to impulsive aggressive behavior.

The same genetic defect seems to be showing up in children at an increasing rate and is difficult to diagnose. Most children with this condition start out slowly in the morning, are difficult to rouse and resist getting ready and off to school. By noontime, bipolar children

see **HEALTH** *on page 7*

Scholarship Luncheon

Raffle

Football tickets
Entertainment book
Stock pot
and more...

For reservations, please call
Betty Odle (206-525-8276) or
Cheryl Bickford (206-363-2731)
by OCTOBER 14.

Edmonds Unitarian Church
8109 224th SW

Map on Page 3 of October 2002 Bulletin

The cost is just $5. And . . .
***special bonus* for bringing a guest**
If your guest joins SKSR at the luncheon, you BOTH get A FREE LUNCH.

Edmonds-Woodway High School Choir

October 17, 2002
12:00 Noon

How can I help?

SCHOLARSHIP FUND

Remember, we will take donations to the Scholarship Fund at any time. Simply use the form below to send a check and we will use the funds toward this year's scholarships.

The purpose of the SKSR Scholarship Fund is to assist carefully selected graduating seniors majoring in education from Edmonds, Northshore and Shoreline School Districts in reaching 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
PO Box 33962
Seattle WA 98133-0962

Traveling with Terri

The Delmarva Peninsula

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

Looking for a new area to explore? One that has easy airline access with fares that are reasonable? A place that combines history and scenery? Then we'd like to suggest the Delmarva Peninsula. If you're wondering where that's located, the name is an alphabetic amalgam of three states....Delaware, Maryland and Virginia. The area is more familiarly known as the Eastern Shore.

This semi-rural peninsula juts southward from Pennsylvania and is defined by Chesapeake Bay on the west, Delaware Bay on the northeast and the Atlantic Ocean on the southeast. A large part of the peninsula is governed by Maryland, but the northeast side is part of Delaware while the south end belongs to Virginia, across the Chesapeake Bay Bridge and Tunnel.

The Eastern Shore has all the ingredients for a peaceful late-autumn vacation or a lovely spring break. To begin with, you have three options for airline access, depending on your personal preference and the airfares. We flew into Philadelphia and picked up our rental car to start our jaunt, but Baltimore or Reagan National in Washington, DC, work just as well.

If you come from Philadelphia, don't pass up New Castle, Del. on your way south to the Eastern Shore. The charming colonial town on the shore of the Delaware River is like finding a forgotten treasure. Spend a day walking around this uncommercial red-brick community founded in the late 1600s by William Penn. George Washington attended a wedding here, reportedly kissing all the pretty women! New Castle was Delaware's colonial capital from 1704 to 1776, when the capital was moved inland to Dover because it was feared the British would attack from the river.

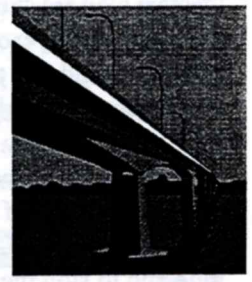
While New Castle is billed as "the little Williamsburg on the Delaware River," no attempt has been made to turn it into a major tourist destination. You won't find costumed re-enactors doing role-playing or see horse carriages on the streets. But you can park your car free on a side street, walk around all day without paying admission, see historic homes and buildings, stroll the village green and see ships gliding by on the river beyond the brick buildings.

The magnificent George Read II home alone is worth a visit to New Castle. The palatial, 22-room house was the largest in Delaware when it was built in 1801. The gardens surrounding the house are the oldest in Delaware. Even as late as Prohibition, the house drew attention. Seaplanes landed on the river in front to bring contraband liquor from Cuba. A family speakeasy is in the basement.

Now, if you approach the Eastern Shore via the Baltimore Airport, save your Baltimore sightseeing for the end of your trip and, instead, pick up I-97 outside the airport gate and head southeasterly to Annapolis. Besides seeing the US Naval Academy, you can stroll a colonial town that has welcomed visitors for 350 years, ever since 1649.

Annapolis is another National Historic Landmark District like New Castle and boasts its own colonial heritage. The town became the capital of Maryland in 1694 and was even the capital of the United States for nine months. The street plan is composed of two major circles with radiating streets, just like its original 1695 design. Stroll along Prince George Street or Maryland Avenue to view colonial homes like the 1773 Chase-Lloyd house or the 1774 Hammond-Harwood house. The Annapolis harbor at the confluence of the Severn River and Chesapeake Bay is a picturesque microcosm of crabbing, skipjack fishing and bay sailing. Sailmaker lofts and nautical shops abound, and the restaurants feature blue crab, clams and oysters.

To head to the Eastern Shore from Annapolis, hook up with eastbound State Route 50 and cross Chesapeake Bay on the soaring Lane Memorial Bridge. And just in case your airline choice brought you to Reagan National in Washington, DC, instead of Baltimore, you can head due east on State Route 50, stop off in Annapolis for a visit and continue eastward to the Eastern Shore.



It's another world on the other side, and it's all there whether you turn left or right at the east end of the bridge. A left turn will put you on State Route 301, heading north up the peninsula. Turning right ensures that you remain on State Route 50, heading south down the peninsula. About 13 million people live within 100 miles of the area. But the population of the Eastern Shore is less than 200,000, so you immediately gear down and slow up to enjoy the simple life, whichever way you turn.

"Old" is the word that characterizes the towns and villages here, a peninsula of peace just miles from the nation's most crowded regions. Captain John Smith charted these waters in 1608, colonists settled here

see **TRAVEL** *on page 7*

Our membership chair speaks

Invest in yourself with membership

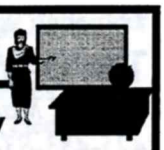
by Don Denton, 425-787-7881–dondenton@jps.net

Attention non-members: this complimentary copy of our *Bulletin* is another reminder that we would like you to join us in working to improve our retirements. If you haven't already done so, please complete the membership form on this page and mail it to our PO box address. Or call or email me and I'll send you a stamped return envelope! Or print a form from our web site, www.sksr.org.

Remember that our very affordable $4.00 per month dues support our state and local efforts to improve retirement benefits. Because of us, those over 66 now receive some gains-sharing when state retirement funds gain in value, and all of us under 65 with a PEBB medical plan are subsidized by over $135 per month, each. Yes, it could be worse! And, for those over 65, the Medicare subsidy is now increasing annually. We are currently working to receive a more equitable portion of the excess earnings from "our" state retirement fund and to stop the state from raiding "our" fund to balance the budget. We also seek to be involved in the governance of our pensions.

Current Members: Why not bring a non-member to our October Scholarship Luncheon? The food is always great and the social contacts even better!

SKSR BULLETIN BOARD



The perfect gift for faraway friends and family

Looking for a great gift for out-of-town friends or family? Order an Entertainment book at entertainment.com for almost any major city coast to coast (more than 150 editions available). Every book offers the same kind of great savings you find in your local book! Entertainment books can be shipped to you or directly to the recipient and shipping is included! When you buy online be sure to enter our group's account number #131164-6 and you'll be donating 20% of your purchase to Sno-King School Retirees Scholarship Fund. If you don't have access to a computer, call Donna Murrish at 206-363-5753 and she can make the order for you.

Remember–you can help our organization in this project, too, by asking your friends and neighbors to purchase a book. They're just $30 this year so it means an even bigger savings! Don't forget to get one for yourself!

Are you looking for some part time work?

Data collectors needed for Fred Hutchinson study of high school smoking. Administer surveys in classroom setting with high school juniors in schools within 150 mile range of Seattle. Work with a team following strict study procedures with detailed record keeping. This is a part time temporary job of 6-20 hours/week from February 18 through March 31, 2003. Mandatory training dates are February 18, 21, 25, 28 and March 24. $11.60/hour with meals and paid travel time. Contact Maxine Henning at 206 667-5131 or email at mhenning@fhcrc.com.

Membership form for school retirees

DUES DEDUCTION AUTHORIZATION FORM

WASHINGTON STATE SCHOOL RETIREES ASSOCIATION

4726 Pacific Ave SE, Lacey WA 98503-1216

Please Print or Type

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

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

Retirement Plan: (CIRCLE) TRS-1 TRS-2 TRS-3 PERS-1 PERS-2 SERS-2 SERS-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** _____

HEALTH *from page 4*

begin to function better, and by late afternoon/evening become euphoric, upbeat and excessively active. For more details on this complex problem, please read *Time* magazine's article, "Young and Bipolar," August 19, 2002, pp 38-51.

Mental massage

The driver reported, "No one was to blame for the accident, but it would never have happened if the other driver had been alert."

Winter skin care

The Mayo Clinic urges us to wear sunglasses whenever the sun shines (even in Washington). Ultraviolet rays are on us even in winter, and polarized lenses provide protection from UV rays and block glare from pavement, sand, water, snow or the shine of your car hood. Wraparound glasses are best, but in all cases, glasses should fit tight to the face. You are at the highest risk if you have light complexion, freckles, red or blond hair, green or blue eyes or a history of one or more sunburns in your lifetime. Basal cancer is the most common and easiest to treat. A quick freeze usually takes care of my scalp bald spots, no pain. The Mayo staff advises you to wear long-sleeved dark-colored clothing, use a sunscreen SPF 15 or higher, avoid tanning beds and limit your time in the sun.

TRAVEL *from page 5*

after fleeing religious persecution in England, and Chesapeake watermen have piloted their skipjacks for 200 years in search of the bay's rich marine life.

We lingered in little villages, stayed in rustic inns, sought out backwater seafood restaurants and tried to participate in local life. By chance, we even happened upon the weekend that wild ponies are rounded up annually on Chincoteague Island in the Virginia segment of the Shore, the setting for the popular children's book, "Misty of Chincoteague."

But we digress. Once we crossed the bridge to the Eastern Shore, our choice was to continue south along Highway 50, watching for a sign pointing westward to Oxford. The county road leads to the yachting town of Oxford, where a tiny ferry (touted as the oldest ferry in America, dating to 1683) takes visitors across the Tred Avon River to Bellevue. We drove through Bellevue and into the countryside until we intersected with Highway 33, the main road to St. Michaels and Tilghman Island.

St. Michaels is probably the most touristed of the Eastern Shore villages because of its proximity to the Bay Bridge. Charming and picturesque, the village is the setting for the 16-acre Chesapeake Bay Maritime Museum with its collection of historic vessels, a good introduction to the area's maritime history.

Enjoy a leisurely seafood lunch, rent a bike to tour the area or continue on to Tilghman Island, where fishing charter boats offer a day on the bay.

Return to Highway 50 and continue south to Cambridge. The town of Cambridge, Maryland, was settled in the 1600s by planters and fishermen from England. Some of today's residents descend directly from 1666 settlers. The novelist James Michener lived in Cambridge for a period while he wrote "Chesapeake." At Long Wharf in the town, 18th-century traders once brought tobacco, seafood and muskrat pelts. Walk down cobblestoned High Street to the Choptank River where rows of 18th-, 19th- and turn-of-the-20th-century homes are a delight to view.

Head southeasterly to Salisbury on the Wicomico River, a larger town but one with a full-scale historic district. Two of the homes here, Pemberton Hall and Poplar Hill, give a good glimpse into the life of wealthy planters in the 1700s through mid-1800s.

Another treat further south is the town of Princess Anne on the Manokin River, founded in 1733. One of its charming attractions is the Teackle Mansion, built in 1801 by 21-year-old Littleton Teackle, a friend of Thomas Jefferson. Teackle was already a rich man at 21 when he sailed up the Chesapeake from Virginia in 1798.

With a fortune made in lumbering and shipping, he built a copy of a Scottish manor house, 200 feet wide with 24 rooms. The house contains elaborate pargetting, a type of plaster work with swirls marked with pennies–some of the pennies used in the house date to 1797. Unfortunately, Teackle lost his fortune and the mansion when Barbary pirates plundered his Mediterranean fleet.

The Eastern Shore is full of wonderful old houses, fishing villages, rural landscapes and incredibly great seafood. If you've explored historic Philadelphia, enjoyed the restored harbor of Baltimore and experienced the hallowed government of our nation in Washington, DC, maybe it's time to discover a time when water was the major mode of transportation, tobacco a main crop and fishing a way of life.

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

PRESORT STANDARD U.S. POSTAGE PAID Permit #6835 Seattle, WA

ADDRESS SERVICE REQUESTED

HELP US WITH INFORMATION TO PUT IN THE *BULLETIN*

The deadline for the next newsletter is 8:00 AM, **Sunday, October 6**

Send news and other materials to

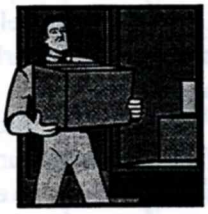
Jo or Bruce Caldwell, PO Box 1117, Edmonds WA 98020, sksr@wmea.org, fax 425-776-1795, phone 425-778-9390.

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, **Winnie Smith** (425-778-3979) or **Pat Jones** (425-787-2727).

To help with mailing our next ***Bulletin*** on Tuesday, October 29, call **Betty Odle** (206-525-8276), **Ellie Bonnano** (425-778-0751) or **Ruthann Warren** (206-367-0742).

Members on the move



Change of Address

P 8 **Charlotte L Cordner**–3625 115th Ave NE, H-211, Bellevue 98004

New Members

P 1 **Roberta S Adams**–6256 NE 204th Pl, Kenmore 98028, 425-486-3383

P 28 **Kathleen A Nash**–21629 88th Ave W, Edmonds 98026, 425-778-4906

Name Changes

P 12 **Diane N Feeney** *to* **Diane N Thompson**

P 25 **Susan K Martin** *to* **Susan K Searing**

Deceased

P 21 **Oliver W LaFreniere** –August 2002 (Shoreline)

P 40 **John P Ulsund**–August 2002 (Northshore)

P 41 **Herbert O VanCleve**–August 2002

P 42 **Betty Wharton**–September 2002

Remembering . . .

Oliver"Ollie" LaFreniere passed away on August 23, 2002. A graduate of Yale and CWU, studied both German and French. He taught at Shoreline and Shorewood high schools.

Mr. LaFreniere dedicated his life to the game of chess, organizing hundreds of chess tournaments for students. He coached chess at Lakeside High School and the Seattle Country Day School. Both schools won several state championships.

He created a chess rating system that allows students to rank themselves against others in the state. He updated and maintained the database of about 5,000 students up until his death.

In July he helped organize a national scholastic torunament in Portland. Approximately 900 of the 2,100 participants were from Washington.

Mr. LaFrienere also had a passion for opera and fine foods. His cousin, Roma Morthland of Bend, Oregon, said that when she visited they w[illegible]dine out nightly, blowing her food budget for two months.