

Sno-King School Retirees



April 2007

www.sksr.org

The SKSR Bulletin

A message from our coordinator

SUPPORTING THE CAUSE

The SnoKing SERA unit has 1,188 members, both active and retired, and we are the second largest unit in Washington. We represent about 8% of the total membership for the state. Why is this important especially now? Because we have the advantage of being located in a relatively small area of the state, we should be able to support the combined effort of the larger configuration of Northwest One, composed of SnoIsle, Snohomish, Skagit-Valley, and us. And, we should be able to support the March 31st meeting in Everett by at least 100 members or more.



Why is this important? First of all, one of our state goals for this organization is

“to improve the general welfare of our members/communities by actions of our organization”.

Then, our mission statements include the following:

“to develop, purpose and implement action that will benefit all school retirees” and

“to propose legislation and legislative action that will enhance school employees’ lives.”

If this is the case, then we must support the cause of *The Emergency Pension Forum* which will be held **March 31st, 10:30 AM - 12:30 PM at the PUD Building in Everett**. An interesting program has been planned to inform members about their pensions and what is currently happening in the Legislature regarding the maintaining of our pension benefits. “Gain Sharing” is under attack and members have been alerted to call, email, and write their legislators and the governor about eliminating or reducing this benefit. (See enclosed flyer.) **Get a carpool together and join us in Everett!**
Rachel

Rachel Lake, Coordinator/ Legislative

Irma Snook, Secretary

Donna Murrish, Treasurer/Directory/Mailing

Rita Requa, WSSRA Board NW 1 Representative/
Grants

Betty Odle, Historian/ Luncheons/ Picnic

Jim Siscel, Program

Jack Rogers, Legislative

Ellie Bonanno, Legislative/ Phoning

Virgil Rayton, Membership

Cheryl Bauer, Membership/ Community Service

Cheryl Bickford, Community Service/Luncheons

Bob Jones, Retirement Planning/ Web Page

Alice Bingaman, Retirement Planning/ Scholarship

Gordon Bowers, Warren Rowe, Health

Keith Lindaas, Linda Fitzgerald, Scholarship

Ruthanne Warren, Joan Hertrich, Phoning

Marlene Johnson, Marilyn Alaniz, Hospitality

Ron Robinson, Bruce Caldwell, Directory

Jo Caldwell, Publicity

MaryEllen Gardiner, Donation Acknowledgement

Evelyn Nordeen, Sunshine

Barbara Berg, Scrapbook

Dave Johnson, *Bulletin* Editor

YOU'LL FIND INSIDE

Coordinator's Message 1
 Calendar of Events 2
 A visit to India 2
 Grant winners 2006-07.....3
 Health Tips 4
 Scholarship 5
 Advertisers & *Bulletin Board* 6
 Member News 7
 Deceased Members 8

MARK YOUR DATEBOOK
COMING EVENTS

March 31.....**EMERGENCY PENSION FORUM**
 Snohomish PUD Building
 2320 California Street Everett, WA

April 19.....**Scholarship Luncheon-12:00**
Edmonds Unitarian Church

May 17 Joint meeting with Sno-Isle
 Catered Lunch

July 19..... Picnic/Election of Officers
 Noon Edmonds City Park

www.sksr.org

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

April 12
May 24
July 12



For all your real estate needs call
Marilyn Irwin

Windermere Real Estate/GH LLC
 425-672-1118—206-300-4438

Acceptance of this paid advertisement does not imply SKSR endorsement.

Looking for Leaders

By Cheryl Baauer

Sno King School Retirees are always looking for new members and new leaders. As a newly retired librarian from the Edmonds School District, I started getting involved almost immediately thanks to a little nudging from a friend. To my surprise, I have to admit the experience so far as been interesting and rewarding.

As we enjoy our days of retirement, we probably don't think much about the time and effort many of our colleagues are putting in our behalf. Fighting for issues before the legislature comes to mind immediately. This has an impact on all of us. I've also seen first hand the grant process benefiting current teachers and students with much needed funds. Scholarships will go out to college students to help with tuition. But more than that, being part of a bigger organization has given me knowledge and admiration for the people who give their time and efforts to help all of us.

continued on page 5

Scholarship Luncheon

We hope you and your friends will join us for our Spring Scholarship Luncheon at the Edmonds Unitarian Church, 8109-224th SW, Edmonds, at noon on April 19, 2007.

Following the luncheon we will be entertained by the Sound Singers, led by our member Bob Jones. We know you will enjoy their program.

This year's scholarship winners and their parents have been invited to join us.

If you haven't had a chance to sign up for the salad luncheon please call Betty Odle, 206-525-8276, or Cheryl Bickford, 206-363-2731, by Monday April 16 for reservations. There is a \$5 donation for the luncheon. If you would like to contribute food for the luncheon, let Cheryl or Betty know.

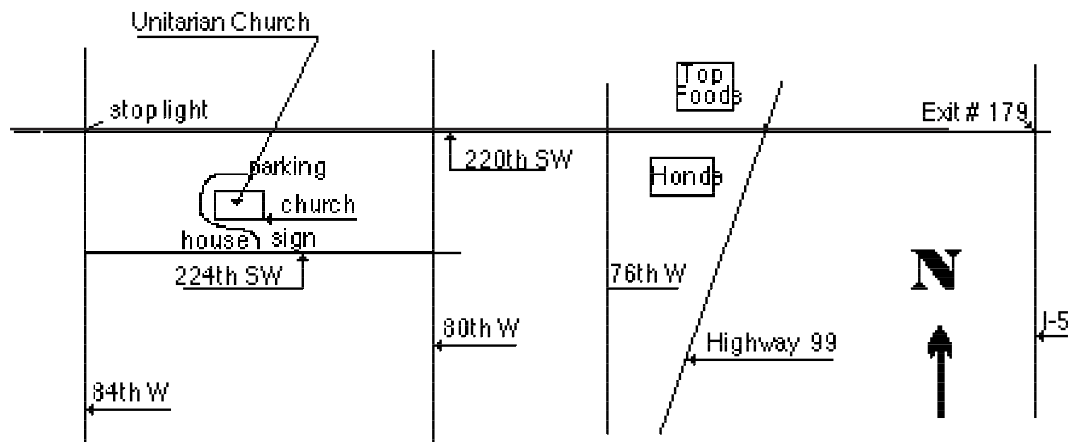
If you are not able to attend the luncheon but would like to support the scholarship fund, you may make a donation to the Sno-King School Retirees Scholarship Fund using the form below.

This is a great time to invite one or more of your retired school employees friends to the luncheon. Our members always furnish wonderful food, and the entertainment for this meeting sounds great.

As part of our Community Service Project we will again be bring donations (either monetary or canned or packaged food) for our local food bank.

EDMONDS UNITARIAN CHURCH

8109 - 224th SW
Edmonds is down behind the house. There is a sign but it is hard to see from the east.



The SKSR Scholarship Fund—How can I help?

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 who will major in education, from Edmonds, Northshore and Shoreline school districts in reaching their goals. Contributions are tax deductible.

Enclosed is a contribution of \$ _____ EITHER 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

HEALTH TIPS

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

Improving the Brain – A UCLA special supplement gives the following health data: Scientists have known for years that both the developing and mature brains are influenced by nutrition and vitamins may play a role in memory and brain function. Many supplements boast of fantastic results of taking mega-dose vitamins, but there is no clear evidence of it. B vitamins are vital to normal brain and nerve function, but the B vitamins found in leafy green veggies (folate) provide adequate B vitamins. Cognitive decline in dementia patients has been traced to lack of folate, but even so, Dr. Arriola, Coordinator of the Pham D Drug Information Center at UCLA says “Eat a well balanced diet, and if necessary supplement with a daily multivitamin”. This means a diet with regular helpings of fish, whole grains, fruits, veggies, legumes, and nuts. He also suggests brainy nutrients like folate, B, C, E and Omega 3 acids. Best to check with your doctor on conflicts with medications.¹

Distractions Driving – The Mayo Clinic conducted a study on car accidents, and salient points are: Inattention while driving is the cause of approximately 25% of all crashes on American roads; also, the leading cause of death among younger age groups. Any distraction that cause you to glance away from the road ahead for two seconds or longer raises the risk of an accident by about two times the normal driving risk. In a study published last year, 100 cars were equipped with a camera that filmed the driver constantly. Sensors also detected and filmed accidents and near accidents, all recorded on video. The cars were driven a total of two million miles by 241 different people for a full year, recording 82 crashes and 761 near crashes. Through an analysis of the video clips, researchers calculated data that resulted in the crashes or near crashes. The distractions most common were: reaching for a moving object inside the car; looking for something outside the car; reading; applying makeup; dialing a cell phone; eating; becoming a drowsy driver. The study

you need to be especially alert when you’re going through an intersection, in heavy traffic, driving on wet or icy roads, slowing to look at an accident scene. Age may impact reflexes, hearing or vision...all the more reason to be more alert, minimize distractions.²

Health Reminder – The American Heart Association recommends that Americans should eat at least two servings of fish a week, high in Omega 3. Most fish are included, with tuna, salmon, pollock and catfish as very beneficial. Also the American Heart Association reminds us of the warning signs that a heart attack is happening: Chest – uncomfortable pressure, squeezing, fullness or pain; shortness of breath, nausea, light headedness, cold sweat; pain or discomfort in one or both arms, back, neck, jaw or stomach. If one or more signs of the above, call 911, don’t wait 5 minutes.³

Also the National Geographic – has an excellent 27 page special with inside the heart (computed tomography), *Heart Workings, Transplants, Artificial Hearts, Stents* and more than most any other source, unusual for the magazine to have this much medical information.

Additionally the American Heart Association sends letters once a month, and on the envelope is the heart attack signs and this warning for stroke: sudden numbness or weakness of the face, arm or leg, (especially one side of the body); sudden confusion, trouble speaking or understanding, sudden trouble seeing in one or both eyes; sudden trouble walking, dizziness, loss of balance or coordination; sudden severe headaches with no known cause. Not all signs in every attack; if one or more, call 911.

Caregiver Helping Seniors Stay in Their Homes – occasionally there is a health article in one of our local papers that gives information not easily found elsewhere, An article by Kristi O’Harran, Everett Herald staff gives costs about several agencies and private contractors that provide caregivers to assist seniors who want to stay in their own” Be it ever so humble, there’s now place like home”. However the cost is high: the hourly rates are from \$18.95 to \$23.95 for light to \$260 per day, or \$6,750 per month, or about the

continued page 5

continued from page 4

same as a nursing home. Few could afford the cost as the Lynnwood couple cited in the article, but probably less than both in a nursing home. Gordon's note: I took up the caregiver's pay rate with wife, Edith, and she agreed to double my pay, but reminded me that 2 x 0 is still zero and at least I don't have to pay income tax on it.

New Hope for Diabetics – There are 10.3 million Americans age 60 and older with diabetes, according to UCLA. There is no magic pill, but in a study presented at the annual meeting of the European Diabetes Association in Copenhagen, (Sept. 06) showed that the drug Rosiglitazone (avandia) prevented the disease from worsening; returned normal blood sugar levels by 70 to 80 percent. UCLA's Director of Gonda Diabetes Center, Dr. Andrew Drexler says, "If it stands up to its potential – for every 1000 people treated for three years, about 144 cases of diabetes were prevented. It might change treatment practices for good" Note: UCLA, like Mayo and other reliable sources does not promote any drug. Ask your doctor.⁴

Chuckles – Friends are the chocolate chips in the Cookie of Life.

Patient: Is it true that sleeping outside will cure insomnia?

Doctor: Yes, but sleeping inside will do the same thing.

¹ *UCLA Special Supplement to Health Years*. February 07, p. 2

² *Mayo Clinic Health Letter*, February 07, p.7

³ *Northgate Journal* Feb-Mar, p. 42

⁴ *UCLA Healthy Years* December 06, p. 3

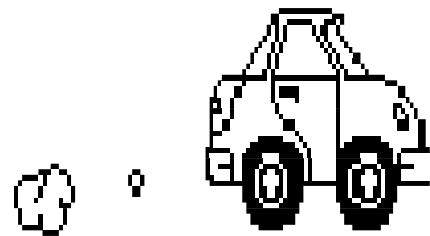
continued from page 2

As part of the nominating committee for the coming year, I'd love to have your name added to the list of people who are willing to take an active part in the organization. The only offices we don't need are editor, secretary, and treasurer. I have a friend who just died at the age of 95, but was active in leadership and attendance through all her years. What an example to follow! If you feel you might want to get involved in any way, please contact one of the following members: Evie Nordeen at 425 775-1127 (evie.nordeen@verizon.net) or Cheryl Bauer 425 743-9755 (bauercl@verizon.net.)

Things happen because people get involved. The board usually meets once a month with the term beginning in July. General meetings are held about 6 times a year. You'll find dates, times, and places listed in the bulletin. I hope you've read and will now respond to this message.

AARP Driver Safety Program (55 Alive)

AARP's *Driver Safety Program* (formerly *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 1:30 PM at the Anderson Center, 700 Main Street, Edmonds. For alternate dates and locations, contact Bob Jones at 425-438-2727 or bobpatjones@verizon.net. Note that the class is a "two-consecutive-days class," which can be selected during the month of your choice.



Spring 2007 dates

April 18 - 19 June 21- 22

May 21 - 22

TEN WAYS TO KILL AN ORGANIZATION

1. Don't go to meetings.
2. If you do go, go late.
3. If it is bad weather, don't even think of going.
4. When you attend a meeting, find fault with the president and other officers.
5. Never accept an office. It is much easier to sit back and criticize.
6. If you should be appointed to a committee, don't go to meetings. If you are not appointed get peeved about it.
7. When your opinion is asked, reply that you have nothing to say, but after the meeting tell everyone how things should be done.
8. Do nothing more than absolutely necessary, but when others do the lion's share, tell everyone that the club is run by a clique.
9. Don't worry about paying your dues; wait until you have received two or three notices.
10. Don't bother about getting new members, let the ones who do all the work, do that too.

Roy Jenkins, "Fowler Flashes",
Spokane, WA April 1956

**YOUR HANDY-DANDY MAN
AND AUTO BODY REPAIR**
is just a phone call away.

*I have several Edmonds district
employees as references.*

Call John Casebeer at 425-672-7087

Acceptance of this paid advertisement does not imply SKSR endorsement.

WINTERCOLLEGE

Join us March 26-28 to hear enthusiastic instructors share their passion and expertise in subjects ranging from International Relations, Korean Culture, The Poetry of Rumi, Macbeth, and Making U.S. Foreign Policy, to Savvy Searching on the Internet and more.

Classes will meet from 9:00a.m. to 2:00p.m. The \$49 registration fee covers three classes per day plus morning refreshments.

Wintercollege will be held at Shoreline Community College's extension campus in the Lake Forest Park Towne Center, 17171 Bothell Way in Lake Forest Park..

For further information, call Extended Learning at 206.533.6700.

Subject: What does a teacher make?

The dinner guests were sitting around the table discussing life. One man, a CEO, decided to explain the problem with education. He argued, "What's a kid going to learn from someone who decided his best option in life was to become a teacher?" He reminded the other dinner guests what they say about teachers: "Those who can, do. Those who can't, teach." To stress his point he said to another guest; "You're a teacher, Bonnie. Be honest. What do you make?"

Bonnie, who had a reputation for honesty and frankness replied, "You want to know what I make? (She paused for a second, then began...) "Well, I make kids work harder than they ever thought they could. I make a C+ feel like the Congressional Medal of Honor. I make kids sit through 40 minutes of class time when their parents can't make them sit for 5 without an I Pod, Game Cube or movie rental...You want to know what I make?" (She paused again and looked at each and every person at the table.)

"I make kids wonder.

I make them question. I make them criticize.

I make them apologize and mean it.

I make them have respect and take responsibility for their actions.

I teach them to write and then I make them write.

I make them read, read, read.

I make them show all their work in math.

I make my students from other countries learn everything they need to know in English while preserving their unique cultural identity. I make my classroom a place where all my students feel safe.

I make my students stand to say the Pledge of Allegiance to the Flag, because we live in the United States of America. Finally, I make them understand that if they use the gifts they were given, work hard, and follow their hearts, they can succeed in life.

(Bonnie paused one last time and then continued.) "Then, when people

try to judge me by what I make, I can hold my head up high and pay no

attention because they are ignorant... You want to know what I make? I MAKE A DIFFERENCE. What do you make?"

THERE IS MUCH TRUTH IN THIS STATEMENT.

"Teachers make every other profession " Which goes along with my favorite...."If it weren't for the teaching profession there would be no other professions."

PAINTING PAIN?—I can help you

Since retirement almost four years ago and for 25 years before that, we have had the privilege of helping members with their painting needs. References are available from many of them. I would also be happy to help you with your needs. Help is also available to fix some of those small household repairs that need to be done. We serve the east side and north end of Lake Washington.

For information call

G.F. Moore Painting (Warren)
425-466-2729 or 425-485-4570

Acceptance of this paid advertisement does not imply SKSR endorsement.

Thank you to the following for their kind donations to the Sno-King Scholarship Fund:

Bob & Evie Nordeen in memory of Winnie Smith
Bob & Elinore Bisnett in memory of Kay Keyes
Cheryl Bickford in memory of Winnie Smith
Ellie Bonanno in memory of Winnie Smith
Jack Rogers in memory of Winnie Smith
Bob & Elinore Bisnett in memory of Bob McGrath
Don Denton in memory of his wife, Joanne
Sno-King in memory of Gerry Blankenship

Welcome New Members:

- Pg 12 Amundson, Patricia A, 8265 E Mohawk Ln, Scottsdale, AZ, 480-473-5380
Pg 18 Brick, Ruth E, 19509 8th Ave W, Edmonds 98026-6115, 425-672-2951
Pg 27 Eaden, Sally L, 14702 45th Pl W, Lynnwood 98087, 425-835-0933
Pg 40 Kendig, Leslie W, 20624 SE 331st St, Auburn 98092-2274, 360-886-2980
Pg 50 Moline, Diane K, 624 170th Pl NE, Bellevue 98008, 425-957-9166
Pg 51 Nelson, Linda S, 708 Rice Dr, Mukilteo 98275-2248, 425-353-2323
Pg 53 Ohtomo, Alma M, 21201 96th Ave W, Edmonds 98020, 425-766-0512
Pg 58 Redick, Brenda L, 4725 176th St SW Unit H8, Lynnwood 98037, 425-743-7012
Pg 64 Sorensen, Carole, 5129-142nd St SW, Edmonds 98026-3913, 425-742-9801
Pg 72 Wilson, David D, 20431 Little Bear Creek Rd,

In Memoriam

Joanne (Shoemaker) Denton

Joanne Louise Denton passed away on February 9, 2007. She was the wife of Don Denton, past President and long time Membership Chairman of Sno-King School Retirees.

Born January 18, 1943 in Seattle, Joanne grew up in Ballard and Richmond Beach. A stay-at-home mom while the kids were young, she later worked for the Edmonds School District as an educational assistant. She loved working with the Life Skills students at Meadowdale Middle School and later at Scriber Lake High School. Joanne will be remembered for her generous spirit, creativity, and great sense of humor.

Affordable Living for Exceptional People

This retirement community is a full-service monthly rental facility

Sponsored by:

The Seattle Education Foundation

A not-for-profit group of active and retired Seattle school educators

- ◆ 24-hour staff & security
- ◆ Full kitchens
- ◆ Washers & dryers in each unit
- ◆ All utilities including cable TV
- ◆ Residency open to general public
- ◆ Breakfast & evening meal served daily
- ◆ Beauty salon/barber service on site
- ◆ Free scheduled transportation
- ◆ Activity & wellness programs
- ◆ Light housekeeping

425-402-9606

www.foundationhouseatbothell.com



Affordability - Comfort - Beautiful Setting



Foundation House

at Bothell

A Retirement Community Sponsored by Educators

PO box 2107 ■ Bothell, WA 98041-2170

Adjacent to Northshore Senior Center

17502 102nd Ave. NE ■ Bothell, WA 98011



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, **Wednesday, March 17.**

Send news and other materials to

Dave Johnson, 814 6th Ave So, Edmonds WA 98020, damajo3@comcast.net, or 425-776-7298.

Address, phone or e-mail changes should be sent to **Donna Murrish**, donnamurrish@comcast.net or 206-363-5753.

If you know of illness, please call Sunshine Chair, **Evelyn Nordeen** evie.nordeen@verizon.net or 425-775-1127

To help with mailing our next *Bulletin* on Tuesday, March 27, call **Betty Odle** 206-525-8276, **Ellie Bonnano** 425-778-0751 or **Ruthanne Warren** 425-205-2420

Address Changes: Pg 20 Carlson, Steven N, 9806 NE 197th St, Bothell 98011-2374, carlsonvs@aol.com

Pg 41 Knox, Jennifer A, 1111 Mill Creek Blvd, Apt F106, Mill Creek 98012-3008

Pg 43 Lawrence, Judi, 903 N 130th St Apt 311, Seattle 98133-7548

Pg 49 Mesaros, Margaret J, 51 Pines St #211, Edmonds 98020-4188

Pg 51 Myers, Dennis R, 1429 169th Pl SW, Lynnwood 98037-8519

Pg 52 Nothdurft, Lynn, 525 NE Ravenna Blvd, Seattle 98115-6427

Pg 54 Pattullo, Ann W, 10345 36th Ave NE, Seattle 98125-7848

Pg 58 Reff, Dan F, 5916 Melshire Dr, Dallas, TX 75230-2120

Pg 66 Swanson, Emma J, 1242 State Ave, Ste 1, Marysville 98270-3672

Deceased:

Pg 16 Blankenship, Gerry C

Feb 2007

(Shoreline Dist)