

Sno-King School Retirees



February 2007

www.sksr.org

The SKSR Bulletin

A message from our coordinator

2007— A Year To Become Involved

After a long hard November, December, and January, we are



ready for a change. It was good that we decided to end the old year without meetings and activities. But, now we're ready for both. The Executive Board met January 18th to discuss plans for this year. First of all, our next general meeting will be held at the Edmonds School District on February

15th at 1 PM. Ellie Bonanno has arranged a wonderful program with Ed Orsborn presenting his India trip and slides. Read about it elsewhere in the *Bulletin*. Ed was featured in WSSRA's Journal this last year that presented some of his and Robin's world travels. Rita Requa is in charge of our **Grant Program** for active members. She announced that 17 grants were awarded and several members of our Board had visited schools to present the grants in a faculty meeting. These grants are given from the members' Sno-King dues. Sno-King is part of the state's region known as Northwest #1. Other units in this region include Whatcom, Sno-Isle, and Skagit-Island-San Juan. Leadership of all the units meets during the year to discuss matters that affect members as well as share information about each other's activities. On January 8th such a meeting occurred. . **Of primary importance was calling for an area meeting of all its 3,200 members**, and the presidents/coordinators were assigned the task of organizing such a meeting. **We wanted to hear from WSSRA's leadership, staff, and our paid lobbyist about pension improvements as well as "take aways" and other possible legislative action for this session.**

see Coordinator page 3

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 Siscoel, 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

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February 15th A VISIT TO INDIA
with ED ORSBORN

Mark your calendars for **Thursday, Feb. 15th** for the Sno-King Retiree's meeting. A wonderful program is planned with Ed Orsborn presenting a slide show and talk about India. It will include northern India, Rajasthan region, and southern India, Karala, which is tropical a tropical region.

Ed retired 10 years ago from Shoreline and was our program co-chairman last year. His wife, Robin, retired and then has been rehired for special programs. They have traveled all over the world including Africa, China, Europe, India and Central America.

Ed said he would go back to India "in a heart beat". Don't miss this special program.

We will meet at **1:00 in rooms 101 and 102** which are across from the board room. That's in the Edmonds Educational Service Center at 20420-68th Ave. W., Lynnwood.

See you there!

Ellie Bonanno, chair person, February Meeting

www.sksr.org

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

- February 8**
- March 8**
- April 12**
- May 24**
- July 12**

MARK YOUR DATEBOOK

Coming Events for Sno-King School Retirees

February 15.....Slide Show on India by Ed Orsborn
Edmonds ESC room 101-102

April 19.....Scholarship Luncheon—12:00
Edmonds Unitarian Church

May 17 Joint meeting with Sno-Isle
Catered Lunch

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



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coordinator from page 1

This planning is underway and you are able to read more about it in the inserted flier included herein. **I urge both actives and retirees to come on March 31st, 10:30 AM-12:30 PM to the PUD Building in Everett. (More information will be sent out during February/March.)**

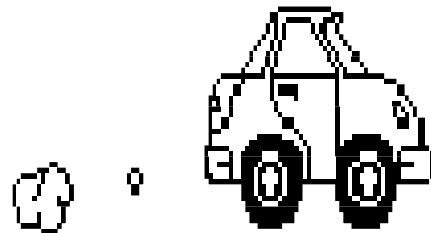
Yes, do get involved, come to our meetings, and participate in our activities.

THE FOLLOWING TEACHERS WERE AWARDED SKSR GRANTS
FOR THE 2006 2007 SCHOOL YEAR

Evelyn McCabe Madrona, Edmonds , Lewis and Clark curriculum materials \$200
 Kim Copeland, Madrona, Edmonds , Lewis and Clark curriculum materials \$200
 Marylee Penhollow, Oak Heights Elementary, Edmonds, Science materials \$200
 Guinevere Joyce, Beverly Elementary, Edmonds, PE equipment \$200
 Jeanne Fowler, College Place Middle, Edmonds,, Reading materials \$200
 Kristin Galante, Lynndale Elementary, Edmonds, Audio books \$202.75
 Catherine Feller, Lynndale Elementary, Edmonds, xylophone \$200
 Susan Campbell, Spruce Elementary, Edmonds, Zoo field trip \$200
 Mary Perry, Spruce Elementary, Edmonds, Thanksgiving Feast supplies \$200
 Karen Hughes, Spruce Elementary, Edmonds d Field trip expenses\$200
 Pauline Chelin, Spruce Elementary, Edmonds Field trip expenses, \$200
 Chuck Gonwa, Meadowdale Middle School, Edmonds. Student atlases, \$200
 Millie Dearing, North City Elementary, Shoreline, Food items \$200
 Julie Moe, Brookside Elementary, Shoreline, math materials \$200
 Jan Laskelle, Meridian Park Elementary, Shoreline art supplies \$200
 Sharon Turpin, Parkwood Elementary, Shoreline, Almanac class packs \$199.80
 Kathleen Ward, Parkwood Elementary, Shoreline, laminator and film \$193.50
 Jo Boudon, Sunset Elementary, Shoreline, books, \$200
 Renee Colleran, Woodmoor Elementary, Northshore. DVD Materials \$193.80

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 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

Feb 14 - 15 April 18 - 19
 March 21 - 22

HEALTH TIPS

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

WORLD WIDE CONCERN ABOUT STENTS

Recent studies question using these small coils of wire that hold blocked arteries open. The stents have been coated with a thin layer of anti-biotics that improve performance of the stent. Doctors are now in a quandary that the effectiveness of the stent has been drastically shortened, and some more strokes may occur because of the coating. The super research centers will report on this in the near future. Mayo, Harvard, John Hopkins are very reliable in their reports, but the latest is from University Hospital in Bern, Switzerland, and has a more optimistic view of stent risks. According to their research data on 120 patients with coated stents, only about two out of 100 had a clot formation, known as thrombosis; and also reported that even with the recent alarms about drug coated stents, research indicates that the devices are still worth the risk.¹

SHINGLES VACCINE APPROVED BY FDA

If you ever had chicken pox, you're at risk for *Herpes zoster* (medical term for shingles). The chicken pox virus lays dormant and for unknown reasons comes back many years later as shingles, mostly past age 60. These horrible monsters start as a tingling, burning pain or skin numbness; other symptoms may be nausea, chills, fever or upset stomach. The itchy painful rash breaks out several days later and may last for three or four weeks. Even after the rash is gone, pain can persist. It is called postherpetic neuralgia, and can last months or years. Now a new drug/vaccine *ZOSTAVAX* reportedly can cut in half your risk of having shingles.² Even if you don't have the vaccine any of the above symptoms of shingles should prompt a call to your doctor. Time is urgent. Various drugs can relieve the attack, but must be started within three days.³

CANCER SURVIVORS – Mayo Clinic Health letter states that the number of cancer survivors continues to grow in the U.S. The American Cancer Society, in a study (2002) reported that

10 million Americans with a history of cancer had survived in the three largest groups – breast cancer, prostate and colon cancer. Among cancer survivors, 61% are over age 65; one in every six people over 65 has survived cancer. Of greatest benefit have been advances in early diagnosis, improved treatments and new treatment options. Besides screening, your risk of cancer of all types can be reduced by maintaining healthy weight: eat fruits and veggies, whole grain foods, reduce saturated fat and trans fat intake, limit alcohol, aim for 30 minutes or more of moderate exercise at least five days a week. Talk with your doctor about physical exams, screening, blood work, Early detection is vital in improving your survival odds.⁴

EARLY ALZHEIMER'S – Someone you know may develop the disease and may live 20 or more years. It starts with mild memory impairment for a period of time – two to four years. Usually there is short term memory loss; the person may become anxious about his or her symptoms – have trouble making decisions, may have bouts of confusion. However, many key abilities are retained. Fortunately, many Alzheimer's patients can live independently in this early phase. Medication can help; the most common are classified as cholinesterase inhibitors. A recent study by the *Journal Neuron* reported that a particular type of memory, like riding a bicycle or speaking was not affected in early Alzheimer's, and patients performed as well as all other age groups, and could also learn and retain new information. As time goes on, the family may need help, but by this time, the patient may resent the intrusion of helpers, because the patient realizes he or she is losing former abilities. Therefore, it is best to keep to a steady former routine. For more info, contact Elder Care Services Locator at www.eldercare.gov. (800-677-1116) or the National Association of Professional Geriatric Care Managers at www.caremanagers.org, 10 symptoms of caregiver stress: Denial, Anger, Social Withdrawal, Anxiety, Depression, Exhaustion, Sleeplessness, Irritability, Lack of Concentration, and Health Problems. "I can't remember the last time I felt good".⁵

see Health care page 5

Health Care Continued

CHEERY THOUGHTS, LOOKING AHEAD – At age 80, Iris June Steinhauser Vinegar won the Gold Medal in the New York City Marathon, winning over 38,000 other runners of all ages.⁶

¹ *The Journal of the American College of Cardiology* Jan, 2007

² *New England Journal of Medicine*

³ *John Hopkins Medical Letters*

⁴ *Mayo Clinic Health Letter* Nov. 2006

⁵ *John Hopkins Medical Letters* Dec. 2006

⁶ *AARP Bulletin* Jan 2007

SCHOLARSHIP FUND GROWS

Thanks to those of you who purchased Entertainment Books this year. We realized over \$500 from the sales this year. This is the best we've ever done! In addition to the book sales, several members made donations to the fund.

Thanks to:

Fred A. Cochran in memory of Kathleen Cochran

Bob & Elinore Bisnett in memory of Bob DeVleming

Jim & Marianne Lockhart for a donation

Charles & Pauline LeWarne for a donation

Erma Snook for a donation

Sharon Schoenauer for a donation

Anne Mitchell for a donation

Phyllis Fiege for a donation

Sno-King transferred monies from the general fund in memory of Kay Keyes, Leah Daffron, Jackie Voiland, Winnie Smith, Don Reaber.

At the present time there is \$3,400 in the Scholarship Fund.

Donna Murrish, Treasurer

School Retirees are awarding \$1000 scholarships to students in the three districts served by SKSR. One scholarship will be awarded to a student in each district, and one will be an at-large scholarship. The scholarship applications are now in each high school in the three districts and can be obtained from the appropriate scholarship chairman. Graduating seniors interested in pursuing teaching as a career may apply, with the selection being made on the basis of scholarship, career goals, and may or may not include consideration of financial need. Applicants must be citizens of the United States. The completed applications must be post-marked by March 23, 2007 and will be presented at the annual scholarship banquet on April 19, 2007.

Keith Lindaas & Linda Fitzgerald, Scholarship Chairpersons

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We have three advertisers for the 2006-2008 Sno-King School Retirees Directory.

IT IS IMPORTANT WE PATRONIZE THEM.

MARILYN IRWIN, a Sno-King member who sells real estate out of the Windermere office in Edmonds advertised in our last directory. She said even though she had not had any referrals she would purchase an add again. For Marilyn it would only take one referral, so if you intend to buy or sell, give her a call.

TERWEDO FINANCIAL SERVICES, LLC, is located at 100 Second Avenue South in Edmonds across from the post office. They provide a full range of Retirement and Estate Planning. We thank Evie and Bob Nordeen for contacting Terwedo Financial Services

FOUNDATION HOUSE IN BOTHELL, an up scale retirement community emphasizing school employees. The monthly rent pays for everything except the phone and personal items. They provide two meals daily, light house keeping free membership to North Shore Senior Center and free transportation. If you are interested in a tour or have questions, call Don Kinsley at 425-402-9606. We thank Ruthanne and Don Warren for leading the charge on obtaining this add.

You might ask what do the advertisers do for Sno-King School Retirees? This year the three advertisers will pay for more than 80% of the directory costs.

SKSR BULLETIN BOARD

Retirement Sessions

Session 1 - February 21, 2007

Time Change: 6-8 pm, ESC Board Rooms

Who, What, When and Why, Katie Sherwood and Panel of Retirees

Session 2 - March 7, 2007

Time Change: 6-8 pm, ESC Board Rooms

VEBA III

State Medical/Dental Plans

Session 3 - March 14, 2007

Various Times starting at 5:00 pm, ending 8:30 pm: Rooms 101/102 and Board Rooms

(outline of times for each plan will be on the Seminar Schedule sent in late January) WA State Retirement System and DCP Program

All Retirement Plans SERS I, II, III and TRS I, II, III

Session 4 - March 21, 2007

Time Change: 6-8 pm

Long Term Care Insurance

Getting Your Financial Ducks in a Row

Session 5 - March 28, 2007

Time Change: 6-8 pm

Social Security and Medicare

Gretchen Lay fell on black ice on November 30 and broke her left ankle in 3 places. She had surgery on it and was in a nursing home for two weeks and is now in assisted living at Brighton Court, 6520 196th St. SW, Lynnwood, Room 211, phone no. 425-672-2790. She would really appreciate hearing from her Sno-King friends.

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

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Welcome New Members:

Pg 12 Allen, Jeffrey 21813-82nd Ave. W, Edmonds 98026-7812

Pg 24 Craig, Louis A 6705-128th St. SW, Edmonds 98026-3601, 425-743-6425

Pg 25 DeleonGuerrero, Alisha C 4601-158th St. SW, Lynnwood 98037, 425-742-5116

Pg 30 Froerer, Carolyn P 16544-34th Ave. NE, Lk. Forest Park 98155-6512, 206-365-4315

Pg 32 Gunnerson, Joanne C 8516-196th St. SW #205, Edmonds, 98026, 425-771-4551

Pg 34 Haycox, MaryAnn 19509-53rd Ave. NE, Lk. Forest Park 98155, 206-362-1350

Pg 34 Hensler, H. Jeanne 18911-129th Ave. NE, Bothell 98011, 425-489-4016

Pg 56 Pilkington, Peggy L 416-213th St. SW, Bothell 98021-7581

Pg 58 Reynolds, Jack 3843-169th Ave. SE, Bellevue, 98008-5832

Pg 61 Schmidt, Linda L 12201 NE 164th St, Bothell 98011-7112

Address Changes:

Pg 9 **Correction:** Skagit-Is/San Juan #21 President's name is Robert Scoll.

Pg 15 Bauer, Cheryl add email address: bauercl@verizon.net

Pg 17 Bliss, William H, 13494 Adair Creek Way NE, Redmond 98053, 425-868-1951

Pg 24 Crow, Ralph L, 5601-176th St. SW, Lynnwood 98037-2816

Pg 26 Doyle, Bernice R, 1419 Digby Pl Unit 310, Mt Vernon 98274-9179

Pg 26 Duncan, Janice C, **Correction** to tel # - should be 425-486-6348

Pg 28 Fairchild, Mary E, 8017 Mercer Ct. NE, Lacey, WA 98516-5336

Pg 29 Foley, Ann E, 12566 N Gentle Rain Dr. Marana, AZ 85653-4297

Pg 29 Foster, Kathryn H, 5691 Pauleina Ct. Freeland, WA 98249-8735

Pg 31 Goldade, Charlene R, 23607 Hwy 99 Ste 1D, Edmonds 98026-9272

Pg 36 Hopkins, Michael E, 18514-36th Ave. W, Apt C, Lynnwood 98037-7623

Pg 42 Lang, Patricia A, 13303 W Prospect Dr. Sun City West, AZ 85375-4840, 623-533-5933.plang4@cox.net

Pg 43 Lehman, Ron S, 12444-107th Pl. NE, Kirkland, WA 98034-8800

Pg 43 Leonard, Beverley E, 4133-224th Ln. SE Apt 106, Issaquah 98029-5203, 425-391-8980

Pg 50 Moats, Marlene L, PO Box 825, Sultan, WA 98294-0825

Pg 51 Nelson, George A, 23932 NE 115th Ln. Unit 302, Redmond 98053-6213

Pg 51 Nelson, Gerald I, 23820-8th Pl. W, Bothell 98021-8508

In Memoriam

Winnifred (Winnie) Morton Smith passed away after a short illness on January 10, 2007 at the age of 95. She lived in the Edmonds area for the past 61 years. Winnie graduated from Ellensburg

Normal School, receiving her "Life Certificate" in music and elementary teaching. She taught in Napavine, Woodland, Snohomish and Edmonds Schools. She married Seattle attorney David Smith in 1943. Her last 18 years of teaching were spent in the Edmonds School District at Esperance and Beverly Elementary Schools. She received the Golden Acorn Award and retired in 1975. Winnie was a charter member of Sno-King School Retirees where she received Honorary Life Membership. She was very active, serving right up until the time she became ill. Winnie's sister, Betty lived with her and the two traveled extensively both in the U.S. and abroad. Winn had many hobbies, but above all she was an avid sports fan, especially enjoying the Seattle Mariners. She was a truly remarkable woman, and an inspiration to the teaching profession. She will be sorely missed by all who knew her.

Francis Mackie-Hart, a gifted musician, dynamic educator and former member of Sno-King School Retirees died on December 2, 2006 in Bellingham, WA. Fran taught and was an administrator in the Edmonds School District for many years. In retirement she volunteered in the schools assisting with musicals and listening to children read. She will be missed by her many friends.



Sno-King School Retirees
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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**, donnammurrish@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

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*I have several Edmonds district
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Call **John Casebeer** at **425-672-7087**

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