

Sno-King School Retirees



July 2007

www.sksr.org

The SKSR Bulletin

A message from our coordinator

COORDINATOR'S REPORT



As I look back on this year and the activities we embarked upon, I feel we have accomplished a great deal. We entered the year without both a president and a *Bulletin* Editor. Where was the leadership and how were we going to get some-

thing out to our members? Fortunately for us, we had many who were willing to continue on the Executive Board and to step forward again, volunteering and providing leadership for committee jobs. I volunteered to coordinate the group, and Dave Johnson assumed the editor's position. All others whose names you see to the left are to be thanked for their efforts in maintaining one of the best units in the state.

Our programs included the September Legislative presentation by Representative Ruth Kagi, Senator Paull Shin, and WSSRA Executive Director Ed Gonion that focused on "Gain Sharing". Our November Fall Scholarship Luncheon, chaired by Evie and Bob Nordeen, featured the Fauntleroy Jazz Ensemble. In February, Ed Orsborn presented his slides of one of his travels. Rita Requa chaired the meeting in April, and we awarded four \$1,000 scholarships to our high school seniors. Bob Jones' Sound Singers gave us a wonderful musical program. In May, Ellie Bonanno chaired the joint meeting with the SnoIsle unit, and our entertainment was Jim Siscel's travel trip revisiting the Lewis and Clark Expedition. Finally, on July 19th we will have our annual picnic at Edmonds Park. *continued page 2*

Rachel Lake, Coordinator/ Legislative
Erma 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, Bob Nordeen, 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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One of the most exciting things that has happened to us this year was the notification that Winnie Smith had bequeathed a large amount of money to the Sno-King Scholarship Fund. We immediately set up an Ad Hoc Committee that is now comprised of the following members: Chair Bruce Caldwell, Ellie Bonanno, Cheryl Bauer, Donna Murrish, and Linda Fitzgerald. They have been given charges to investigate various options: to study the Scholarship Fund By-laws, to seek legal advice, to investigate IRS and state requirements, and to study options for investing the money. The Executive Board has the responsibility of approving any recommendations and changes...

Personally, I am most proud of the work we have done this year to alert members of the changes that were going to be legislated to our pension plans. These involved:

- 1) responding to the requests by WSSRA to mail, e-mail, phone, notify members, of what was going on in Olympia;
- 2) sending out two postcards/fliers requesting 1189 members to become active for specific action to legislators;
- 3) organizing the March 31st meeting in Everett for all of NW #1 to hear what was happening in the passing of the 2008-9 Budget, and finally;
- 4) honoring Representatives Chase, Fromhold, and Conway for their work, resulting in the passage of HB 2391 which provided a trade-off value from \$.34 to \$.40 (final compromise) for Gain Sharing toward the Uniform COLA for members in Plan 1. Plan 2 and Plan 3 trade-off allows for retirement at the age 62 with 30 years of service

Also passed by the Legislature, was the "Age 66 COLA", SB 5175 that brought equity to the eligibility for those born in the second half of the calendar year.

Yes, I feel good about this year. We've been active, accomplished a lot, and now we're ready to move forward with new officers, who are already organized and ready to begin in August. We're moving forward! Join us!

Rachel Lake

www.sksr.org

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

July 12
August 6
September 13

MARK YOUR DATE BOOK	
Coming Events for Sno-King School Retirees	
July 19.....	Picnic/Election of Officers Noon Edmonds City Park
August 6	SKSR Executive Board planning meeting for 2007-2008

SNO-KING PICNIC HONORS NEW RETIREES ON JULY 19

AT EDMONDS CITY PARK, AREA 2

We invite all members to come to the Sno-King School Retirees Picnic to honor those who have just retired.

New retirees and their escorts, from Edmonds, Northshore and Shoreline School Districts, will be our special guests at our Annual Picnic. Sno-King retired members will make a \$5 contribution to help defray the costs.

Our Sno-King Board furnishes the wonderful food you will enjoy and Past President, Bob Jones has promised to bring his music machine to entertain.

We have our shelter reserved from **10:30 to 5** so we will have lots of time to visit. We will plan to eat promptly at noon. Look for balloons and Sno-King members in their bright T-shirts.

Teachers who have received grants from our Unit this year are invited to come to share the results of their grant.

Active teacher members, this is a great time to relax after a busy school year and to renew friendships with your retired friends.

Sno-King retirees this is a special time to invite some of your retired friends who are not members - when they see what a great group we are they are bound to want to be a part of our organization.

Please RSVP by July 12 to Betty Odle, 206-525-8276 or send an e-mail to bettyholmodle@msn.com, so we will know how much food to prepare.

Directions to the Edmonds Park: take SR 104 (Edmonds Way) to Edmonds. (DO NOT take arterial on the right to Edmonds- Kingston Ferry.) Follow 5th AVE S (toward downtown Edmonds) to Pine Street. Turn left on Pine to 3rd Avenue, turn right to Edmonds Park entrance on left. Watch for the balloons!

At the picnic there will be a PAC table with "Patriotic Blinkies" available. Be sure to check out the PAC table!!

MEET THE OFFICER NOMINEES FOR 2007-2008



President
Erma Snook

Erma Snook, Sno-King's current secretary, has been nominated to be next year's president. She retired from the Edmonds School District in 2000. She taught for the last twenty years at College Place Middle School, teaching Computer Education and Spanish. She is married to husband Gil Snook for 42 years, has two children and three grandchildren.

Vice-President No one has been nominated for Vice-President.



Secretary
Cheryl Bauer

Born in Wenatchee. Cheryl Bauer attended Wenatchee Valley College, and graduated from Western Washington University. She received her 5th year from Central Washington University, and her librarian credentials from the University of Washington. She started teaching at Edmonds Elementary (where the Francis E. Anderson Center is presently located), and finished her career as a librarian at Meadowdale Middle School in Edmonds. Her husband is also a teacher in Edmonds and they have two sons. She loves to read, play bridge, travel and volunteer for organizations, hence, she's nominated as secretary for Sno-King.



Treasurer
Donna Murrish
Current Treasurer

Donna Murrish graduated from Marysville High School and Everett Junior College. She worked in the treasury department of the telephone company for nine years. She came to Shoreline Public Schools in 1965. Donna served as secretary in the special education department at Morgan and Einstein Middle Schools. For four years she was the counseling secretary at Shorewood High School finishing her career as secretary at Echo Lake Elementary. She joined Sno-King and has served as bulletin mailer, secretary, treasurer and co-president.

GEARING UP FOR SKSR 2007-08

The Executive Board for SnoKing School Retirees for 2007-08 will be meeting to kick off and plan for the upcoming year. We will meet on **August 6th**, at the Foundation House, 17502 102nd Avenue NE, Bothell, WA 98011, at 9:30 a.m.

Ruthanne and Don Warren have again graciously offered to host us there. We will be invited to stay for lunch after our meeting. Board members will receive an e-mail and/or snail mail invitation with a map and a request for RSVP. We will be most successful in the coming term if we can have everyone's input! Thank you for serving and we look forward to seeing you there!

TO ALL KNIFE EDGE CREASERS!

You know who you are! You're the unsung heroes of this organization's communication network!

Betty and Earl Garrison	Bob Van Ness
Jay Lapp	Marlene Johnson
Evie and Bob Nordeen	Fred Cochran
Georgia and Phil Elvrum	Marilyn Alaniz
Joan Hertrich	Don Denton
Lorna Turcott	Lois Grasmick
Marian Fyall	Phyllis Enger
Sharon Ricketts	Barbara Berg
Carol and Ron Robinson	Justine Wood
Ruth Woodward	Warren Rowe
Marcia and Gary Hirst	Lynn Nothdurft
Georgia and Phil Elvrum	Glen Warner
Rita Requa	Cheryl Bauer
Rachel Lake	Erma Snook

Betty Odle—who brings our supplies and coffee
Donna Murrish—who organizes and mails the bulletin
Dave Johnson, our editor.

Special thanks to all of you and to Ruthanne Warren and Ellie Bonanno. You all are the ones who arrive, having been recruited by Ellie and Ruthanne, for the "last Tuesday" of the month (note: Monday's next year!) to put out the SKSR Bulletin. You're there to sip Betty Odle's hot, tasty coffee and snack on the cookies, always present, don your name tags (again, thank you, Betty) and dive into:

Collating (stacks and stacks of papers to put in order that were generously retrieved from printing by Donna Murrish!)

Folding (get that crease sharp with that table knife blade!)

Taping (just so, according to Post Office dictates!)

Labeling (carefully sorted according to zip codes!)

Delivering to the Post Office (Donna suffers that headache and backache for us!)

Never mind meeting a great, friendly bunch of people, the stimulating conversations and being brought up to date on the latest business of SKSR. It really is a BIG, BIG, job—nearly 1200 copies strong!

By the way, any member wanting to or able to help out is ALWAYS needed and welcome. Come join us and let us teach you the acquired art of knife edge creasing!!

UPDATING THE ARCHIVES

As with any organization, from time to time we need to take stock. So it is with Sno-King School Retirees. At the same time we are updating our legal documents, we are wanting to collect, in one location, any documents, minutes, news articles, memorabilia, notes, and/or photos that could update our archives. **Betty Odle** has been our historian and also has lots of years of experience to offer us, and **Barbara Berg** has been scrap booking for us. They have preserved all that has come their way.

However, there are probably other items in the possession of past officers, past committee chairs, etc., that would help us to continue documenting and preserving our history.

If you have such items, would you pass them along to Barbara Berg, (425)483-2671, Betty Odle, (206)525-8276, or Erma Snook (425)776-2067? Thank you.

**YOUR HANDY-DANDY MAN
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is just a phone call away.

*I have several Edmonds district
employees as references.*

Call **John Casebeer** at **425-672-7087**

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Hello SKSR Board Members

I wanted to let all of you know about our first meeting for the 2007-08 year so you could get it on your busy summer calendars!

We will meet on, Monday, August 6, 2007, at the Foundation House in Bothell, at 9:30 a.m. I'm really looking forward to meeting with you to set some goals, approve a budget and establish a calendar for next year. We are invited to stay for lunch. The address is:

Foundation House, 17502 102nd Avenue NE, Bothell, WA 98011

(425) 402-9606

I will send you a reminder message again as the date approaches with a map for directions.

The setting is lovely and thanks to Ruthanne Warren, we're able to meet there again this summer!

Erma Snook, (President Elect)

2007 SKSR SCHOLARSHIP WINNERS



The students from left to right are: Asha Hamack, Inglemoor High School; Katherine Kepler, Scriber Lake High School; Kaitlin Thompson, Woodinville High School; and Laura Bernabe, Mountlake Terrace High School.

IT'S NOT TOO EARLY TO THINK ABOUT YOUR 2008 ENTERTAINMENT BOOK!!

The 2008 Entertainment Books will be delivered to me the first week in August. Let's do as well or better than we did last year with sales! **The books this year are \$20** - that should be an incentive in itself! Be thinking about how many you'd like to order and mention them to your friends and neighbors!

I'd be happy to take your orders now and then when the books arrive can make arrangements for delivery to you. Remember, 20% of each sale goes into the Sno-King Scholarship Fund. D. Murrish donnamurrish@comcast.net or 206-363-5753

THANK YOU DONORS!!

Your kindness is much appreciated.

Thank you to the following for your generous donations to the Sno-King Scholarship Fund:

Carol Anderson - donation

Fred Cochran - donation

Marcia Hirst - donation

Chuck & Pauline LeWarne - donation

Margaret Hyman in memory of Winnifred Smith

Bob & Elinore Bisnett in memory of Carroll Clark

Bob & Evie Nordeen in memory of Ruth Siverson

Betty Odle in memory of Bud Hansen

Justine Wood in memory of Bud Hansen

Gordon & Edith Bowers in memory of Bud Hansen

Sno-King in memory of Bud Hansen, Marie Ross, Lois Madden, & Ruth Siverson



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Health Services

by Gordon Bower

NEW AND BETTER NEWS – A Mini Ultrasound, produced by a Bothell, Washington company is used around the world. Invented in 1999, the hand held device is being carried by doctors in rural US hospitals and third world countries where electricity is not available. The portable, battery operated machines won't replace the huge desktop models that rumble and roar, but image quality is comparable, good enough for emergency medicine, and even images of a beating heart or developing fetus. Two companies, Sonosite ATL of Bothell, and GE Healthcare of Waurwatosa, Wisconsin dominate the mini ultrasound market.¹

ATTENTION DEFICIT DISORDER – ADD

affects two million children in the United States, characterized as inattention, impulsive behavior and hyperactivity. Mayo Clinic studies show that approximately half of childhood ADHD's (Attention Deficit Hyperactivity Disorder) will grow up to be adult ADHD's. Symptoms of their problems include inattention, trouble following directions, impatient, mood swings, intense anger and outbursts, and problems getting along with other people. Personal history shows a poor academic record, inconsistent work record, losing/quitting jobs, and failure to pay bills on time or do household tasks and hassles with coworkers. Adult ADHD's should be diagnosed, treated with counseling, medication, and retrained to learn how to cope with deficiencies in handling life's problems.²

DOWN SYNDROME QUANDARY – There are 350,000 people living with Down Syndrome in the USA. The numbers are increasing partly due to the length of life having increased from age 25 in 1983 to age 56 today, due to improved care. New tests have been more accurate in predicting the genetic defects in fetuses, and all pregnant women should be offered screening for Downs in the first trimester. For young women the risk is low – one in 1300 births. It jumps to one in 350 for women age 35, and one in 25 beyond age 45. Caring for the most severe cases is a terrific burden on the whole family. Schooling is a problem; few private

schools will accept severe cases, with cost averaging \$21,000 per year. A few public schools will accept the less severe at a cost of \$14,040, which is absorbed by the school where cost for regular students is \$6,556.

There is a need for facilities to care for the severely handicapped. Mainstreaming is not an option for public schools – some do if a family member attends daily for one on one need. We can all hope that future “think tank minds” will find better solutions for taking care of societies' chromosomal abnormalities.³

Gordon's note: My wife and I were impressed with the villages that Scandinavians had established to help severely handicapped live independently.

UW MEDICAL CENTER LEADS IN HEPATITIS TREATMENT AND RESEARCH –

Professor Anne Larsen, Director of the Hepatology Clinic and Medical Science Professor Harvey J. Alter studied Hepatitis A, spread through human feces, Hepatitis B, spread through body fluids – sharing drug needles and sexual contact. Both A&B have been controlled with vaccines and other treatments. Hepatitis C was identified in the late 1980's, and in 1992, a blood-screening test was invented, and since then all donated blood is screened for hepatitis virus. This time gap left those who had blood transfusions before 1992 possibly carrying Hepatitis C virus. Some are detected by routine blood tests, but if not, the disease may show up as much and 20 years later as serious liver problems. UW Med has had a major part in all phases of hepatitis control.⁴

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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PLEASE READ “*CLOSING IN ON ALZHEIMERS*” AARP BULLETIN, JUNE, 07 Pp 10 –11. New drugs may slow or give some protection to those millions soon to become age 65; AARP says one in eight now have Alzheimer’s; one half at age 85. But estimates for 2050 vary greatly, and we hope the research in progress will show better ways to battle Alzheimer’s and protect aging brains!

FOOD FOR THOUGHT:

Local youth asks friend: “Did you see my name in the paper?”

Friend: “No, where was it?”

Local youth: “See it’s right here. – *Unknown Hoodlum Breaks Windows* – Unknown Hoodlum - That’s me!

My 86-year-old dad said his doctor wanted him to go to a nursing home. He didn’t want to because “Those places really are just for old people.”

¹Associated Press article, *Everett Herald*, 5/29/07, p.A4

² *Mayo Clinic Health Letter*, April, 07 p.6

³ National Down Syndrome Society, article by Melissa Slager, *Everett Herald* 5/20/07 p.A6

⁴ *UW Alumni Magazine*, June 07, article by Justine Reedy, Science writer and editor, *UW Med News*, p.30-31

Deceased: (update your directory)

Pg 33 Hansen, Bernard E (“Bud”) - May 3, 2007 (Shoreline)

Pg 46 Madden, Lois M - April 28, 2007

Pg 60 Ross, Marie M - March 25, 2007 (Everett CC)

Pg 63 Siverson, Ruth M - April 13, 2007 (Seattle & Shoreline)

Ruth Marie Enroth Siverson 1918 - 2007

Ruth Marie Enroth Siverson was born on September 26th, 1918 in Fairbanks, Alaska and died April 13, 2007 in Seattle, Washington. She and her husband Si Siverson were active members of Sno-King School Retirees. In 1959 they moved from Seattle to Bothell. Ruth had graduated from Pacific Lutheran College with a degree in educa-

tion. She loved teaching and taught elementary school for 33 years. Fifth graders were her favorites, and she taught them in Big Lake, Conway, Shoreline, and Seattle. During World War II she also taught for a year in Ketchikan, Alaska. Over the years, many, many students, especially those who needed extra help, received the “Siverson Touch”. She formed many long lasting friendships with her fellow teachers. Ruth was a lovely lady with a good sense of humor. She was a great and loyal friend and loved her family. Her contribution to the education of the hundreds of children that were lucky enough to have her as a teacher is her lasting legacy.

Bernard “Bud” Hansen – 1928-2007

Bernard “Bud” Hansen was a walker. Tall, straight, and with purpose, he often walked in his Northgate neighborhood and it was there, on May 2, that a car struck him as he crossed the street. Bud Hansen retired from the Shoreline School District after 30 years, having served as a teacher, principal, and Director of Elementary Education. He graduated from Seattle Pacific College in 1950 and dedicated much of his time to the University, holding a position on the Board of Trustees for 33 years. He also retired from the US Naval Reserve with the rank of Commander in 1988. He devoted countless hours to the ministry of the Free Methodist Church and was a founding member of the Lakeview congregation where he served at the local and conference level. Through Bud’s enthusiasm, vitality, and generosity, innumerable lives were touched and inspired and his contributions as a leader had many positive effects on the organizations with which he was involved. Bud is survived by his wife Ruth, son Dirk (Alison), daughters Lynne Hall (Ken), Jill Barrett (Mark), Sue McPeak (Bryan), 9 grandchildren, a sister and a brother. A memorial service was held on May 11 at Seattle First Free Methodist Church.

Marie Ross – 1908-2007

She didn’t reach 100, but at 99 years and 1 month, she came pretty close! Marie Ross was a

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2007 CONVENTION HIGHLIGHTS

Seventeen Sno-King members attended the WSSRA Delegate Assembly in Wenatchee from June 4th to the 6th. The business session, chaired by President Paul Nicholas, included electing new officers, passing eight bylaw changes, approving the next budget, honoring awardees, honoring state scholarship awardees, and holding basket raffles for the WSSRA Foundation. Sno-King received the “2007 Foundation Benefactor Award” as over \$1,000 had been given this year from our unit to the Foundation. The Foundation awards student scholarships for eight state regions. Sno-King was also given membership awards for “Increased Automatic Dues Deduction”, “Increased Retiree Membership”, and “Unit of Distinction” because it had met 23/24 goals!

“John Lothspeich, from Spokane, is the 2007-2008 WSSRA President and Gene Forrester (SW region) is the new President-elect. Nick Schultz (formerly from Shoreline and now from Yakima) will be president of the Foundation next year.

Five of our delegates joined others for the chorus called “Marvin’s Marvelous Warblers” in presenting a rendition of music from the 1940’s through the 2000’s at the Tuesday night’s banquet. This was WSSRA’s 60th Anniversary celebration. Those singing were Bob Jones, Roberta McKee, Bob Nordeen, Betty Odle, and guest Ken Lake.

On Wednesday, various Sno-King chairs attended the “Break-out Sessions” for leadership information for next year. Sessions held were for Membership, Legislative, Health Service, Unit Newsletter Editors, Officers, Retirement Planning, and the new Outreach Committee.



Past presidents, Betty Odle, Donna Murrish and Bob Jones enjoy a moment of relaxation



Marvin's Marvelous Warblers perform at the banquet

continued from page 6

remarkable lady with a phenomenal memory and is a self-published author on the story of her life. Marie was born on February 21, 1908 and touched many lives during her 99 years. Among her many life-long friends were students who kept in touch long after they graduated. Marie taught high school math in the Edmonds School District before going on to Everett Junior (Community) College where she was women's advisor for many years before retiring. She lived in a retirement community in Everett and was a right-hand lady for the managers there. Every morning she was the first one out and about, opening up the community hall and putting on the coffee. Her 90th birthday was celebrated there with a huge crowd in attendance. Marie Ross suffered a heart attack in January of this year and passed away on March 27, 2007. She had no living relatives and at her request there were no memorial services.



Rachel Lake SKSR Coordinator and Rita Requa WSSRA NW1 Exective Board Representative

50 Years of Service to Shoreline

Corky Christensen has just retired after 50 years of teaching and assisting science teachers at Shorewood High School. From 1957 to 1990 Corky taught at Morgan Junior High and all three Shoreline High Schools. After retiring as a teacher, he returned to Shorewood as a lab assistant until he retired again this year. Congratulations Corky on a job well done!

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HELP US WITH INFORMATION TO PUT IN THE BULLETIN

The deadline for the September newsletter is 8:00 AM, **Saturday, August 18.**

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 **Monday, August 27**, call **Betty Odle** 206-525-8276,

Ellie Bonnano 425-778-0751 or **Ruthanne Warren** 425-205-2420

The Changing Scene

Address Changes:

Pg 17 Bondurant, Marilyn J, 16739 Wallingford Ave N,
Shoreline 98133-5545, 206-546-4885

Pg 24 Crow, Ralph L, 17448 Little Mountain Pl, Mt
Vernon, WA 98274-7057

Pg 30 Garwin, Gregory G, 17620-7th Ave W, Bothell
98012-9111, 425-743-8752

Pg 31 Gonwa, Charles J, 1804 N 105th St, Apt 201,
Seattle, WA 98133-2815

Pg 31 Graff, George M, change apt # to 166, zip
98036-4501

Pg 51 Myers, Dennis R, 7321 Centerville Ct #601,

Stanwood, WA 98292-6251, 360-629-6193

Pg 51 Myers, Lynnette A & Roger L, 321 Camaloch
Dr, Camano Island, WA 98282-7232

Pg 57 Race, Margaret V, 32049 109th Pl SE #332,
Auburn, WA 98092

Pg 59 Robinson, David, 7610 Heather Ave SE,
Snoqualmie, WA 98065-9741

Pg 66 Taylor, Kathleen A, 19719-83rd Pl W, Edmonds
98026-6419, 425-672-8297

Pg 69 VandeMoortel, Jon, 319 Summit Ave E #603,
Seattle, WA 98102

Pg 71 White, Carolyn E, 2564-26th Ave W, Seattle,
WA 98199-3417