

Sno-King School Retirees



September 2007

www.sksr.org

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Cheryl Bauer, Secretary
Donna Murrish, Treasurer/Mailing
Rita Requa, WSSRA Board NW 1 Rep/ Grants
Betty Odle, Historian/ Luncheons/ Picnic
Jim Siscel, Program/Benefit Fair
Rachel Lake, Jack Rogers, Legislative
Ellie Bonanno, Legislative/ Phoning
Bob Nordeen, Virg Rayton, Membership
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
Joan Hertrich, Phoning
Marlene Johnson, Marilyn Alaniz, Hospitality
Ron Robinson, Bruce Caldwell, Directory
MaryEllen Gardiner, Donation Acknowledgement
Evelyn Nordeen, Sunshine
Barbara Berg, Scrapbook
Dave Johnson, *Bulletin* Editor

The SKSR Bulletin

A Message From Our President



Welcome to all of you to the 2007-2008 Sno King School Retirees year. For all of us in education, September is a time for beginnings, and this September is a case in point!

Your Executive Board met in August to plan a full calendar of events for the coming year. I am so grateful that so

many of you (18 strong!) were able to interrupt your busy summer schedules to meet with us at the Foundation House Retirement Community in Bothell. We were given the red carpet treatment. Thanks to Ruthanne and Don Warren and Ivan Settles for arranging that for us!

We will kick off our 2007-2008 year with a special Birthday Celebration on September 20, at the Edmonds District Service Center (see article on page 2). The Sno-King School Retirees are celebrating their 30th Birthday (1977-2007)! We hope all of you will come to make it a true celebration of past successes. For newer members, we will share our organization's goals, and for everyone, we will share what we look forward to in the future. Hope to see **you** there!

One of our goals is to always increase our membership and to increase participation in our activities to better serve our retirement needs over time. As I reflected on the participation of our current membership, I concluded there were at least four types of members: (1) those who love doing and supporting their organization and are willing to take leadership roles to do it; (2) those who actively support our Unit by attending functions, but choose not to assume leadership roles; (3) those who prefer not to be actively involved, but want to support the organization

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www.sksr.org

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

- September 13**
- November 8**
- January 10**
- February 14**
- March 13**
- April 10**
- May 9?**
- July 10**

Sno-King 30th Birthday Celebration! You're Invited!

What do gold crowns, silk screened neckties, engineer hats and "gopher it!" t-shirts have to do with our celebration? Come to the Birthday Party to find out, or bring your version of the stories if you were there.

On September 20th at 1 p.m. in room # 101/102 at the Edmonds School Service Center, the Sno-King School Retirees will be celebrating their 30th Birthday (1977-2007)! This general membership meeting will be celebrating our past successes, taking a walk down memory lane with our long time members, hearing from and honoring our past presidents and those who have been state office holders and award winners. We hope anyone possessing this information will share it with us and if we inadvertently leave someone out we hope you'll forgive us and update us posthaste!! We want to include everyone.

We will also be reaffirming our goals as an organization and taking a quick look to the future! Refreshments will be served. Put it on your calendar and be sure to put on your t-shirt, if you have one! We look forward to having a great turn out! See you there!

MARK YOUR DATEBOOK

General Membership Meetings

| | |
|--------------|---------------------------------|
| September 20 | 30 th Birthday Party |
|--------------|---------------------------------|

- November 15 Scholarship Luncheon
- February 20 Program to be Announced
- April 17 Scholarship Luncheon
- May 22 Joint Meeting with Sno-Isle
- July 17 Picnic Edmonds City Park



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with their membership and dues and finally (4) those who want to be or would be an active participant if offered a special invitation or a task.

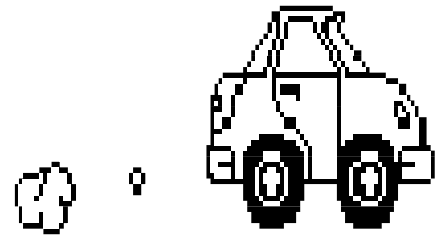
And so, it is especially to those in the fourth category that I am addressing the remainder of my comments. We would love to see you at all of our functions this year: September, November, February, April, May and July. Then, we could happily move you from group four to group two! However, there are many other places we could use your support. We always need help preparing our *Bulletin* for mailing six times a year (that's how I got involved)! Call Ellie Bonanno 425-778-0751. We need people to help us prepare copy for newspaper publications, we need ideas for community service projects, and we could use food donations and manpower for our Scholarship Luncheons. We need you to contact your fellow active school employee members to encourage them to apply for the \$200 grants we award each year, in the fall and/or encourage a non-member to join in order to be eligible to apply. In the spring, you could encourage a high school senior from Edmonds, Northshore or Shoreline to apply for one of our four scholarships. We need you to contact your legislators to support our work for improving our retirement benefits. You could help us man the Retirement Seminars held in late February and March. You could contribute to our Scholarship fund through purchase of an Entertainment Book (see article on page 6), by donating money in someone's honor or memory, or by including Sno King School Retirees in your Estate Planning. And last, but by no means least, maybe your forte is in leadership and you would like a role on the board or an officer position. Try us out! Attend a board meeting. We meet the second Thursday of the month!

Whatever your inclination, I hope you found something listed above to motivate you to participate with us this year. To those of you already engaged with us, I hope you find the year ahead rewarding and will continue your service. Your participation will definitely make us a better organization. I'm looking forward to a fun, rewarding year! Contact us!!

Erma Snook, president
egsnook@comcast.net

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.



Fall 2007 dates

Sept 10 - 11

Oct 8 - 9

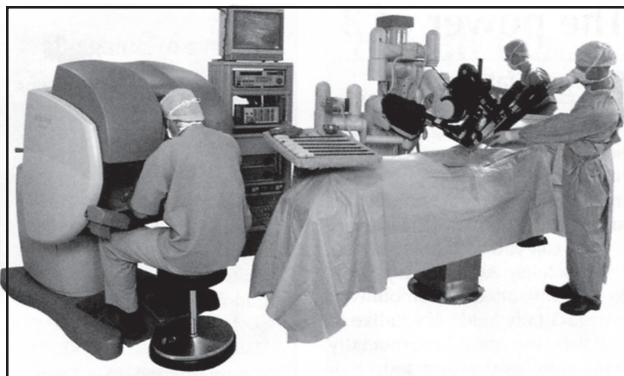
Nov 5 - 22

Dec 3 - 4

HEALTH TIPS

by Gordon Bowers, Health Chair, 425-778-9202

ROBOTICS IN SURGERY Laparoscopic surgery – making tiny incisions to repair hernias, hearts, kidneys, is used instead of making long incisions. This procedure has been used for more than 20 years. The benefits of minimally invasive techniques are many – shorter operating times, less blood loss, shorter hospitalization, recovery, etc. Added to the above in 2000, the Food and Drug Administration approved the use of robotic devices to assist surgeons. Using robotics can be a difficult learning process for the doctors, but has become common in use across the US, not only in major medical centers. For example, more than half of the surgical treatments to remove the prostate gland cancer are done using robotic assistance. In robotic assistance procedures, the surgeon controls the robot from a computer console, and the robotic device is positioned close to the operating table. Human medical assistants check the robot's mechanical arms as the surgeon hand controls every movement. The robot's camera aids the surgeon with a magnified three dimensional image to better view the procedure. The tiny robot tools move in precise time with the surgeon's hand controls, but with greater precision, stabilizing any hand tremor. The robot's camera can magnify what the doctor can see many times over; a tiny blood vessel can show as big as a pencil on the video screen. In the near future, increased use of robotic surgery will be seen for procedures like the heart, but also gall bladder, uterus, ovaries, and beyond according to Mayo Clinic articles. Ask your doctor if this is best for you.¹



THE BEST NEWS ON SAVING EYESIGHT

Few problems in life are as frightening as losing your eyesight. Many doctors remove cataracts to improve low vision, but if you can't pass the driver's test, you must give up driving. Now according to an article in the Edmonds/Shoreline Journal² by Free-Lance writer Elena Lombardi, there is good news for people with macular degeneration and diabetic retinopathy. They can get treatment locally. These eye specialists are referred to as "low vision optometrists". Macular degeneration occurs to some degree in one fourth of those over age 65; there are two types – "wet" involves leaky blood vessels while "dry" is caused by deterioration of the retina, and causes a foggy, hazy blind spot in center vision. Washington State allows use of miniature telescopic glasses to meet the driver test. The cost for the bioptic telescopic glasses is expensive, up to \$1950.00, but aid greatly whether driving or watching TV, and a better quality of life. Ask your regular GP doctor to recommend "low vision specialists". Also the Mayo Clinic points out that though "wet" macular degeneration is the most serious, it can be treated with several laser therapies, which can seal off leaky blood vessels and prevent further damage. The most recent procedure for "dry" slows progression of macular damage using high doses of vitamins and mineral supplements. The "dry" usually progresses very slowly, and many people manage well, especially if only one eye is affected.³

THE JOHN HOPKINS MEDICAL LETTER

It would like you to know that to lose or sustain weight loss in an exercise program the previous 30 minutes daily, has been increased to 60-90 minutes daily.⁴

A BETTER INSTRUMENT for gastrointestinal symptoms – pain, acid reflux, etc. can be used in some cases replacing a flexible tube down your esophagus to the stomach and to the small intestines. This procedure is called endoscopy. The inserted tube has a small camera attached to the end, taking photos along the way. Sedation is required, overnight stay and recovery time is needed. Now the new instrument is called Capsule Endoplasty.

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Instead of a tube down your throat, you would swallow a pill that has a more advanced tiny camera taking photos through the digestive system for eight hours, transmitting images to sensors taped to the tummy. The photos are downloaded by computer and analyzed by the doctor. The camera capsule is excreted and is no longer needed. The patient sees the doctor the next day, and didn't miss a day of work. For some cases, the standard tube endoscopy is best; Ask your doctor about a pain free endoplasty.⁵

LIVING WITH ANEMIA The risk of anemia (dictionary says blood is deficient in red blood cells) increases with age. Hemoglobin is the protein in red blood cells that transports oxygen throughout the body. Anemia often goes unnoticed. A study of residents 65 and older in Olmstead, Minnesota found that 21% of men and 16% of women had anemia and didn't know it. Symptoms are very similar to worrying or working too hard – weakness, fatigue, trouble concentrating, sexual dysfunction, shortness of breath, or dizziness. Tests for anemia may show a diagnosis of heart disease, or iron deficiency, and can be treated very successfully. Anemia may be the first step in a decline to frailty. John Hopkins Center, Aging and Health has made extensive studies of

anemia and frailty under specialist – Director Linda Fried, M.D. MPH. Over the course of seven years, Dr. Fried and associates studied the health of 5000 men and women ranging in ages from 65 to 101. They classified the frail people as those having unintentional weight loss, 10 pounds or more in a year; weakness – test grip strength; slow walking speed. As with anemia, the risk of becoming frail is age related; studies show 25% of people over 80 are frail, women more than men. Frailty is not an inevitable outcome of aging. Dr. Fried explained “Frailty is not a disease in the classical sense, but a syndrome, a constellation of symptoms that characterize a certain condition”. Poor nutrition is common. Usually a triggering event as a hip fracture complicates recovery. Good nutrition and exercise are main keys to avoiding frailty. Talk with your doctor!⁶

¹Mayo Clinic Health Letter August 2007 p. 4-5

²Edmonds/Shoreline Journal by Elena Lombardi paid article, August 2007

³Mayo Clinic Health Letter, July 2006. p 3 & 1

⁴The John Hopkins Medical Letter, July 2007

⁵John Hopkins Medical Letter February 2007 p. 7

⁶John Hopkins Medical Letter April 2007 p. 3-5

FOOD FOR THOUGHT How old are you? John Peterson, who writes for the local Senior Source refers to age groups: 50 to 65 as “young old”, and those 65 to 85 as “medium old”, and beyond 85 as “old old”. Don't despair; if you live long enough you can be in a class of

Continued p 6

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U.S. Presidents who were all young old: George Washington, 57, John Adams, 61 and almost all were in their late fifties and sixties up to Ronald Reagan, 69. Those who took office at these ages in the earlier centuries would be considered as “old-old”. Some “old-old” are surprisingly active – Charles Lane, 101 helped film makers produce his biography, or the Edmonds man who took solo flight to get his pilot’s license at age 92; or the 80 year old grandmother who won the New York marathon. You are only as old as you feel!!!

To brighten your day. “Yesterday is history, tomorrow is a mystery, and today is a gift; That’s why they call it the present”. Eleanor Roosevelt

Mary Louise BURKE born April 1, 1925 at the family home in Richmond Highlands, Washington to Joseph D. and Helen Burke. She died peacefully August 3rd after several months fighting cancer. She began her long teaching career in the Shoreline School District at Ridgecrest Grade School and later in the Lake Washington School District. ML (as she was called by her many friends and family) loved reading, traveling, music and art, and always enjoyed the many social gatherings with her family and friends. She will be greatly missed.

SKSR BULLETIN BOARD

ENTERTAINMENT BOOKS ARE HERE!

The new 2008 Entertainment Books are now available. Many of you have already put in your orders. The books this year are only \$20.00. They are just as full of bargains as in past years and with some new places to check out. Remember, also, that you can order books for other other areas in Washington (South Sound, North Puget Sound, Spokane) and for other states as well. Prices may vary for these other areas, but check with me and I can tell you what it would be. Contact Donna at 206-363-5753 or donnamurrish@comcast.net

This year we are establishing a telephone/email tree to alert members about important issues and votes coming up in the legislature. We need people who will commit to contacting their legislatures by email, calling or letters. If you are interested in being contacted, do let any of our board members know. This wouldn’t happen often, but it will be important. Last year when we were working on the gain sharing, the representatives felt the heat when there were many calls or emails from all over the state.

We will keep you informed as issues start formulating from our SCPP board.

Sharon Ann Roy (Gilfillan) passed away at her Birch Bay home on August 7, 2007. She was only 65. Sharon was an incredible woman who led an amazing life. Sharon grew up in Blaine and graduated from Blaine High School in 1959. She was an educator for over 30 years. She worked for the Shoreline School District for 25 years. She served in many different capacities including Special Education teacher, Director of Special Education programs, high school assistant principal and elementary principal. She was genuinely committed to and cared about every student.

GRANTS TO ACTIVE MEMBERS SUPPORT
VARIETY OF ACTIVITIES.



Guinevere Joyce, PE Specialist at Beverly Elementary, Edmonds, attended the SKSR picnic and told how she used her grant money from SKSR to purchase special equipment for creative movement in her classes. Material purchased included small parachutes, scooters, juggling balls. Those materials helped

students with gross motor and cognitive thinking skills. Other successful grant applicants used the money to fund field trips, additional reading materials and specialized equipment. Here is another example of creative use of funds.

Mary Lee Penhollow, 6th grade teacher from Oak Heights Elementary, Edmonds, used the SKSR grant to purchase two Vernier sensors, which were used to conduct experiments where variables might affect speed, light or motion. The light sensor which records the intensity of light can be attached to a globe and positioned close to a light source. Students can see how the earth's tilt, rotation and distance from the light source are connected. The data is sent directly to the computer via a USB cord and is graphed with the accompanying software.

SKSR is proud to be able to support such activities. We encourage our active members to apply for SKSR Grants. Applications for SKSR Grants to Active members are now being accepted. Active members are those members who are employed by Edmonds, Northshore or Shoreline school districts. Members may request up to \$200 for projects for their classrooms. First time applicants are given priority. Previous grant winners are then considered.

APPLICATION:

1. A sentence or two will do - explain how grant money will be used
2. Amount of money requested
3. Your name, address, grade level, school, district
4. Principal's name, school phone number

Email your application to:

rrequa@earthlink.net by November 15.

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Address Changes:

- Pg 24 Crow, Ralph L, 14938 Valley View Dr, Mt Vernon, WA 98273-3280
Pg 24 Cumming, Ann J, 626 Glen St Unit 202, Edmonds, WA 98020, 425-775-3758
Pg 29 Foltz, Richard D, 18 Rannoch Dr, Bella Vista, AR 72715-5603, 479-657-6125
Pg 38 Jansen, Joanie L, 9792 Edmonds Way #208, Edmonds 98020-5940
Pg 40 Kernkamp, Margaret O, 15507 NE 103rd Way, Redmond, WA 98052-2589
Pg 44 Lindberg, Steven, 4446 Key Pl NE, Hansville, WA 98340-9724
Pg 52 Nunnelee, Gery & Laurie, 6121 NE 175th St Apt A203, Kenmore, WA 98028-3800
Pg 54 Partee, Randy, 17707-11th Pl W, Lynnwood, WA 98037-3323
Pg 54 Pearson, William E, 910 Lenora St #S810, Seattle, WA 98121-2733, 206-257-0555
Pg 55 Perry, Mary G, 11693 W Rainier Ave, Nampa, ID 83651-8710
Pg 55 Peterson, Kay M, 2626-40th Ave W, Seattle, WA 98199-3137
Pg 63 Sischo, Julia P, 10214 Belgrove Ct NW, Shoreline, WA 98177 *
Pg 63 Skeers, Mary E, 400 Gilkey Rd Apt 222, Burlington, WA 98233-2911
Pg 64 Smith, Gene T, 14905 Bothell-Everett Hwy Apt 124, Mill Creek, WA 98012-5317
Pg 67 Thomas, Larry L, 16022-27th Dr SE, Mill Creek, WA 98012-7890
Pg 70 Warren, Don & Ruthanne, 23650 NE Twinberry Way, Redmond 98053, 425-898-4711
Pg 72 Witham, M. Ray, 16000 Village Green Dr Apt C, Mill Creek, WA 98012-5880

RETIREMENT SEMINAR DATES

- | | |
|------------------------|-----------------|
| Feb 28 (Thurs) | March 6 (Thurs) |
| March 13 (Thurs) – DRS | March 19 (Wed) |
| March 27 (Thurs) | |

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

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HELP US WITH INFORMATION TO PUT IN THE *BULLETIN*

The deadline for the next newsletter is 8:00 AM, **Saturday, October 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 Monday, November 5, call **Betty Odle** 206-525-8276, **Ellie Bonnano** 425-778-0751 or **Joan Hettrich** 425-778-9572

Name Change:

Pg 63 * Sischo, Julia P - change to Julia P Ochsner,
juliaochsner@comcast.net

Welcome New Members:

Pg 16 Bjornson, Sally L, 20806 President Pt Rd NE,
Kingston, WA 98346-9165

Pg 24 Dauer, Theodore E, 8015-214th Pl SW,
Edmonds, WA 98026-7454

Pg 36 Hudy, Dan D, 22617-87th Pl W, Edmonds, WA
98026-8228

Pg 48 Meagher, Joseph S, 22904-49th Ave SE., Bothell, WA
98021

Pg 53 Openshaw, Douglas L, 20803 Locust Way, Lynnwood,
WA 98036-7141

Deceased:

Pg 19 Burke, Mary L - August 3, 2007 (Shoreline / Lk
Washington)

Pg 60 Roy, Shaon A - August 7, 2007 (Shoreline Dist)