

Sno-King School Retirees



April 2008

www.sksr.org

The SKSR Bulletin

A Message From Our President



This is the time of year when our thoughts turn to welcoming the arrival of Spring, more daylight hours, seeing trees leaf out and planting our garden beds. It gives us a sense of renewal of energy and we look forward to reaping the rewards of our efforts in the future. Sno King Unit 23

is also planning ahead in order to reap the rewards of our efforts. We could certainly benefit from your renewed energy to see you participating in what I'm calling: "Stand Up to Be Counted".

You will "Stand Up to Be Counted" if you help us suggest nominees to our Nominating Committee. Help us build a strong slate of candidates to serve you next year. You will "Stand Up to Be Counted" if you attend the Scholarship Luncheon on April 17th to cast your vote on the proposed Scholarship Fund By-Laws Adoption.

In June, we hope more of you than ever before will attend the WSSRA State Convention at the Double Tree Inn at SeaTac, June 9 and 10, 2008. It is the first time the convention has been on the west side of the mountains since 1995. You will "Stand Up to Be Counted" if you volunteer to serve as one of our 26 voting delegates to represent our Unit and to help elect Rita Requa, our own member, to the President Elect position.

Finally, you will "Stand Up to Be Counted" if you contacted your legislators during the past session in support of our legislative goals and are now considering supporting our PAC, which is evaluating legislator voting records to determine who will receive PAC money from us for the next session. Our

Erma Snook, President
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

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www.sksr.org

SKSR Board Meetings

- April 10**
- May 8**
- July 10**

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

Spring Scholarship Luncheon

We hope to see you at the spring Scholarship Luncheon, at noon on April 17. The luncheon is held at the Edmonds Unitarian Church, 8109-224th SW, Edmonds. We always have wonderful food prepared by our members. The spring luncheon features Sno-King cooks' special salads.

Please call Cheryl Bickford 206-363-2731 or Betty Odle 206-525-8276 by Monday, April 14 for reservations for the \$5 donation luncheon. If you would like to contribute food for the luncheon let Cheryl or Betty know when you make your reservations.

This a great time to invite your retired school employee friends to attend the luncheon with you - they will enjoy the food and fellowship.

If you are unable to attend the luncheon but would like to support the scholarship fund, you can make a donation to the Sno-King School Retirees Scholarship Fund and mail it to P O Box 33962, Seattle, WA 988133-0962. There is a donation form below which can be delivered to the meeting or mailed to SKSR.

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

Enclosed is a contribution of \$_____ as a special gift _____ **OR**
 in memory of _____ **OR** in honor of _____
OR on the occasion of _____

Please send acknowledgment to

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 Address _____

Donor's name _____
 Address _____

Make check payable to *Sno-King School Retirees' Scholarship Fund.*

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MARK YOUR DATEBOOK

General Membership Meetings

April 17 Scholarship Luncheon

May 20 Joint Meeting with Sno-Isle*

June 9-11 WSSRA Convention*

July 17 Picnic Edmonds City Park

***Please note the date changes from
previously published dates**

Overwhelming Success!

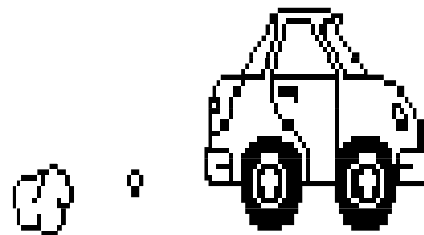
At our February meeting we collected donations for two great causes: the medic troop of the 82nd Airborne in Scania Iraq and flood relief for the Boistfort, WA, Elementary School library. We felt that the Christmas packages the soldiers had received had been used up by now, and that we could send them care packages that they would enjoy. Jim Siscel, chair and uncle to a medic in the troop, purchased goods at the Commissary and thus our dollar donations stretched farther than usual.

Through Virg Rayton, a long time resident of the Lewis County area, we became aware of a specific flood relief need. The Boistfort Elementary School was badly impacted during the flooding and we contributed to the recovery of their library. The Lions Club there served as our conduit!

Due to the large turnout at the February meeting and to your **overwhelming** generosity, we raised \$1445 for the two causes, \$815 for Boistfort, and \$630 for the medic troop. Jim says he'll have to make two trips to the Commissary to haul it all. He is also going to ask that his nephew makes sure that soldiers who haven't regularly received packages receive generous portions of this shipment! Your giving made a real difference! Thanks for all of your support.

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 & Summer 2008 dates

April 16 - 17 June 19 - 20

May, July & August

cancelled due to remodel
of Anderson center

HEALTH TIPS

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

PROTECTING YOUR BRAIN POWER - Inevitable physical changes gradually cause the brain to shrink from age twenty to adulthood, but after about age 60 the shrinking occurs more rapidly; losing about one percent of its volume each year. The effect of the shrinking is most noticeable in mental skills such as planning, focus, and behavior choices and sometimes in memory loss.

Recent research¹ found that people who danced, read, played board games or played musical instruments had a lower decline of dementia.

New hope for saving brainpower came to light in the 1970's when researchers showed that new brain cells and neural pathways form through the end of life. Scientists thought you were born with all the brain cells you would ever have. Now research shows that brain cells sprout new dendrites and synapses, improving the brain in memory tasks and other skills. There is no age limit. In 2006, researchers at Pennsylvania State University and John Hopkins University found that 10 training sessions each 60 minutes focused on recognizing words, numbers and letter patterns was effective in helping people in daily lives.

Some of the best advice on keeping the brain and body younger is "eat less and move more", by physician Steven Masley, author of *Ten Years Younger*. He recommends 45 minutes of aerobics daily, and a couple of days of strength training, plus a low fat diet high in fruits and vegetables, omega – three fatty acids. Harvard researchers in a study of 2800 people age 65 and older found that people need social ties to protect their brains from mental decline. In the Harvard study ties with church groups, social groups, regular family visits, phone contacts with family and friends would cause less cognitive decline than those with no social contacts. Also, there are many software and high tech games that challenge brains.

Even as important as the brainpower has over you body health, it coordinates closely with the heart to produce a sound body and a sound mind. The brain must have a constant supply of healthy blood from

the heart and vascular system. The heart also has a similar shrinkage rate, and by age 50 has a phenomenon called "The Age 50 Effect" for both genders. Studies by Dr. Nathaniel Peichek, Director of Research at St. Francis Heart Hospital, Roslyn, NY found that blood pressure rises as the heart loses size. This age related increase in blood pressure has been recognized by the American Heart Association and the American College of Cardiology. Both organizations recommend that people age 50 and over should have their blood pressure checked routinely by health care professionals. Other best ways to keep both brain and heart healthy: no smoking, control weight and diabetes, exercise – slow walk, 60 minutes per day; moderate walk 17 minute mile, use golf or exercise equipment; run 10 minute miles, tennis or other activity that leaves you breathless.^{2,3}

PROTECTING THE AGING BRAIN - Thanks to Rita Requa and the *New York Times* health articles, we are given some excellent advice on how to age in a healthy manner. The gist of the articles is that living past age 90 may be more than just good genes and good luck.

The lifelong suggestions to live longer sound familiar – no smoking, weight control, blood pressure control, regular exercise and controlling diabetes; all are closely correlated with healthy survival after age 90!

The study leader – Dr. Laurel B. Yates and staff followed 2300 healthy men for 25 years. A second study of both men and women found people who lived beyond 90 did so with little or no assistance. They delayed disability.⁴

FRESH CHOCOLATE ANYONE? - Archaeologists from Cornell University have discovered that ancient pottery from Northern Honduras contains theobromide, found only in the cacao plant. Thus, the first use of chocolate is dated about 1100 BC. The quality of the pottery would indicate its use at weddings, births, and other ceremonies.⁵

HOME REMEDIES – very few articles are as informative: The Mayo Clinic says that Grandma was right: sore throat – salt water helps sooth and honey in tea. Cut or burn – honey can help healing, cuts off air and exposure to contaminates, also has an enzyme that acts as a disinfectant, check bottle

Continued p 6

continued from p1 President's message

PAC needs your support to fertilize the seeds we planted during this last session. I hope you will "Stand Up to Be Counted" as we grow our gardens of the future! In closing I am leaving you with this little ditty I took from our Sno-King Bulletin, February, 1986. How does your garden grow?

Spring Garden – Author Unknown

Plant Four Rows of Peas:

Pride in belonging,
Presence,
Promptness, and
Perseverance\

Plant Three Rows of Squash:

Squash gossip,
Squash criticism unless constructive,
Squash indifference.

Plant Five Rows of Lettuce:

Let us be loyal and unselfish;
Let us be faithful to duty;
Let us be true to obligations;
Let us obey rules and regulations;
Let us love one another.

No Garden is Complete Without Four Rows of Turnips:

Turn up for meetings;
Turn up with a smile;
Turn up with new ideas;

Turn up with determination to make everything count for something good!

From Bug to Usk

"From Bug to Usk – With a Few Stops in Between: A Look at Washington State Name Places" was the title of the program presented by Dr. Charles LeWarne to the Sno-King School Retirees. Dr. LeWarne regaled the audience with the historic roots of place and city names around the state of Washington, the only state in the United States to be named for a United States President. "Bug" and "Usk" are actual, though obscure, place names, Bug being the original name for Sedro Woolley and Usk being a small present-day community north of Spokane. Dr. LeWarne collects photos of widely diverse city "now entering the city of" signs for his narration. He asks that if we drive by someone wielding a camera poised at a "Welcome to our City" sign, that we not run him over and that we understand his passion!



Dr. Charles LeWarne

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Continued from p 4 Health Services

label for medical. Cold and flu - chicken soup seems to relieve in two ways: acts as an anti inflammation agent, and relieves congestion in nasal passages. Oatmeal bath – can help soothe dry and itchy skin. Put a cup of uncooked oatmeal in a blender, make a powder that should be sprinkled into the warm bath water; enjoy the bath! Canker sore – dab with a small amount of milk of magnesia, three or four times a day. Wart remover – duct tape may get rid of common warts. Cover the wart for six days, remove the tape, soak wart before softly rubbing with emery board. Note – Mayo Clinic should advise “Take all *this Cum Grano Salis*”. – With a grain of salt.⁶

TO BRIGHTEN EACH DAY – Cherish all your happy moments – They make a fine cushion for old age. – Booth Tarkington

¹US News and World Report Feb. 08 p 46-8

²American Institute for Cancer Research. Spring 08. P1-6

³Reader's Digest Feb. 08 p, 96-101

⁴NY Times, Feb. 19, 08 p, 1-3

⁵Associated Press, *Seattle Times* 11/15/ 07 p A2

⁶Mayo Clinic Health Letter, Dec. 07 p. 4

SNO-KING AWARDS \$3800 IN TEACHER GRANTS

In December 19 teachers received grants from SKSR in the amount of \$200.

Edmonds

Lynnwood High School: Gail Summerfield- colored pencils for advanced art students

Mountlake Terrace High School: David LeWarne- science lab materials

College Place Middle School: Marilyn Dauer- *Learn To Type* computer program

Meadowdale Middle School: Jennifer Knox- math games and Marcia Kelly- DVD on *Bullying and Violence Prevention*

Madrona K-8: Lynn McCabe- *Atlases of the Ancient World* and Judi Lawrence- classroom books

Terrace Park Elementary: Heather Carlson- library books

Spruce Elementary: Karen Hughes- field trip expenses

Beverly Elementary: Joyce Guinevere- PE equipment

Cathi Wrolstad- publishing center supplies

Shoreline

Ridgecrest Elementary, Jo Boudon- library books

Parkwood Elementary: Renita Ng- books

Brookside Elementary: Julie Moe- books

Echo Lake Elementary: Jane Blaylock- field trip expenses

Briarcrest Elementary: Linda Berthelson, library books

Meridian Park Elementary: Jan Laskelle, art supplies

Northshore

Bothell High School: Karen Dunsdon- WASL prep materials

Woodmor Elementary: Renee Colleran- PE circus equipment

Grants were presented to recipients at faculty meetings by officers of SKSR.

A HUGE THANK YOU

The following people donated to the Lewis County flood relief project and the 82nd Airborne Combat Medic Troop in Iraq.

Cheryl Bauer	Rachel Lake
Barbara Bentson	Chuck & Pauline LeWarne
Barbara Berg	Janice MacKenzie
Cheryl Bickford	Donna Murrish
Alice Bingaman	Bob & Evie Nordeen
Ellie Bonanno	Virg Rayton
Gordon & Edith Bowers	Warren Rowe
Wanda Boykin	Ester Sellers
Lorraine Corrington	Charlotte Shepperd
Phyllis Enger	Jim Siscel
Linda & Don Fitzgerald	Erma Snook
Roberta Hawkins	Lynda Watson
Dave & Marlene Johnson	

There were cash donations from others who donated but we have no names for those.

Culinary Tour of Indochina

by Ed Orsborn & Robin Randles

Of our many travels, this trip to Indochina was the most exciting and pleasurable. In January, we visited Vietnam, Cambodia and Laos. °Our accommodations were four-star and our guides and drivers excellent. It was a tour package from Travel Concepts International. We were the only party to sign up so we ended up with a car, a driver, and a guide/interpreter in each city just for the two of us. This 21-day trip and culinary tour was filled with interesting people, sites, and exquisite food. We have always been interested in the local markets (particularly the food and produce markets) and we were totally fascinated by the markets of Indochina.

We started in Hanoi and began with a pre-arranged cooking lesson in a local chef's home. She was the daughter of the chef to the French Ambassador and teaches cooking classes to many famous people. Anthony Bourdain of the cooking and travel channels learned how to make her crispy honeyed chicken. She met us at a large local market and together we selected the fresh ingredients for our dinner. We learned how to make Hanoi style spring rolls, green papaya salad and a wonderful fish dish. We also learned how to cross the busy streets in Hanoi. The streets are full of a multitude of motorcycles, bicycles, cars and three-wheeled "cyclos." Street lights are "just decoration" and so you cross the street very slowly so the motorcycles can avoid you. It was quite an experience.

We visited the mausoleum of Ho Chi Minh where his body is preserved like that of Lenin in Moscow. It was a very impressive event. The guards made sure that we were respectful and quiet as we viewed his body. It was interesting to learn about Ho Chi Minh and to see how he is revered in Vietnam. The highlights of our Hanoi visit included an overnight cruise on a junk into the impressive Ha Long Bay with its 3,000 islands and blue-green water (a World Heritage Site), visits to the "Hanoi Hilton Prison Museum" and the drive south to the city Hue and its old Imperial City. More cooking lessons in Hue gave us experience in making Hue spring rolls and Hue pancakes (made with rice flour and quail eggs). Each city we visited had a different recipe for spring rolls.

A beautiful drive by the gorgeous white sand beaches, fishing villages and large organic vegetable farms took us to Hoi An. We then boarded a flight to Ho Chi Minh City (Saigon). In HCMC, we were treated to a cooking lesson at the former residence of the American Ambassador, Henry Cabot Lodge. After preparing the lunch (with the instructions by a chef from a nearby restaurant), we ate in the residence's formal dining room – just the three of us, Robin, our guide and me, at the same table that McNamara, LBJ, and Westmoreland, etc. had also dined! A special highlight on our HCMC stay was a tour of the tunnels of Cu Chi – a complex of tunnels the Viet Cong used in "The American War" (as the Vietnamese refer to it), and Robin had the opportunity to crawl through one of the dark, narrow tunnels. We both admire the "tunnel rat" soldiers that fought in those small, dark and confined quarters.

After Saigon, we flew to Siem Reap, a city in Cambodia just outside of the famous Angkor Wat complex. We joined many other tourists looking at the well-preserved carvings that adorn the walls. Much like the pyramids, the Wats are an engineering feat. We toured several different Wats (temples) and took an elephant ride around the Bayon in Angkor Thom. The ancient Wats were very interesting with some over-grown by jungle like the French found them in the 1800s.

We moved next to Luang Prabang, Laos. Luang Prabang is a UNESCO World Heritage site to protect the town's 32 precious historic temples, Royal Palace, and classic French Colonial Buildings. This is a sacred city of over 80 Buddhist temples and the solemn — but colorful monks in their bright orange robes. Each morning, the local people continue a living tradition called Tak Bat of giving the monks their morning alms (breakfast). The monks walk down the streets in long orange lines to receive sticky rice, cookies and bananas. This beautiful tradition has become a major tourist attraction.

A 23-person long-tailed river boat (just for the three of us) took us up the Mekong River to a cave filled with hundreds of Buddha images. Our cooking lesson on traditional Lao cuisine was at a beautiful resort overlooking the city and the Mekong River. What a spectacular way to end our trip to Indochina!

**THIS IS OFFICIAL NOTICE OF ADOPTION OF BY-LAWS
of the
SNO-KING SCHOOL RETIREES SCHOLARSHIP FUND**

After a proposal from the Winnie Smith Ad Hoc Committee and changes from the Executive Board, the following will be presented to the membership at the April Luncheon. Please read over the proposal before the April meeting. Final approval will be made at that time. Please be prepared to vote on these By-Laws.

**SNO-KING SCHOOL RETIREES
SCHOLARSHIP FUND
BY-LAWS**

Article I

Name

The name of the fund shall be the Sno-King School Retirees Scholarship Fund. Scholarships will be awarded annually from this fund. Renewable scholarships will be given from the Winnie Smith Memorial.

Article II

Purpose

The purpose of the Sno-King School Retirees Scholarship Fund is to provide financial assistance to students from Edmonds, Northshore, and Shoreline School Districts who are planning a career in education.

Article III

Officers

The Executive Board of the Sno-King School Retirees shall constitute the Board of Trustees.

Article IV

Administration

- A. The Scholarship Finance Committee will oversee investing available funds in appropriate safe financial instruments to ensure growth and security.
- B. The Scholarship Committee will solicit and screen applications and determine the recipients each year.

Article V

Amendments

The By-Laws may be amended by the majority of the membership present at any regular or special meeting of the Sno-King School Retirees Association following publication in the SKSR Bulletin.

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.

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SKSR BULLETIN BOARD

April Fare at the Scholarship Luncheon

We will have a very touching presentation at the April Scholarship Luncheon. Director Christine Morse will talk to us about the work of the Volunteer Guardian Ad Litem (VGAL) organization. Based in Everett this Snohomish County branch of the National CASA (Court Appointed Specialty Advocates) works with Snohomish County youth. There are three courts in the Snohomish County Juvenile Court. One court is specifically dedicated to dependent children who have no advocate. This is right at Denny Youth Center. VGAL trains volunteers to advocate for these needy, dependent youth. This, now national, organization had its roots in Seattle a long time ago, begun by a local judge and spread throughout the USA .

Christine Morse will tell us their story and Linda Ottman, one of our own from the Northshore District and a trained VGAL, will share some of her personal experiences. It will be a very informative and interesting presentation!

Martha Scott was born in Arkansas Jan. 8, 1933 and died in Edmonds Feb. 4, 2008. She taught in several elementary schools in the Edmonds School District.

Welcome New Members:

Pg 12 Anderson, Alice B, 6108-137th Pl SW, Edmonds, WA 98026
 Pg 15 Behnke, Martha H, 20205-42nd Ave NE, Lk Forest Park, WA 98155
 Pg 15 Bek, Mary M, 13110 NE 177th Pl #370, Woodinville, WA 98072
 Pg 27 Egan-Lindquist, Margaret A, 21506-84th Ave W, Edmonds, WA 98026
 Pg 33 Hansen, Marguerite R, 2250 NE 175th St, Shoreline, WA 98155
 Pg 34 Heller, Mary J, 14804 N Park Ave N, Shoreline, WA 98133
 Pg 38 Jessen, Margaret E, 21803 NE 154th St, Woodinville, WA 98077

Pg 38 Johnson, Ronald D, 24231-107th Pl W, Edmonds, WA 98020-5242

Pg 67 Torbenson, Mary S, 10209 NE 122nd St, Kirkland, WA 98034

Pg 73 Wronski-Molvik, Joan F, 17018 Brentwood Pl NE, Lk Forest Park, WA 98155

Deceased:

Pg 24 Crow, Ralph L Feb 2008

Pg 31 Graff, George M Jan 2008 (Shoreline)

Pg 58 Reff, Dan F Feb 2008 (Anacortes)

LEGISLATIVE NEWS

HB 3028 / SB 6649 “2nd Chance” Public Employees Benefit Board (PEBB) enrollment window.

HB 3022 / SB 6651 Plan 3 Vesting – Removal of Age Restrictions

HB 3027 / SB 6648 Plan 2 Separated from Service Member Access to the PEBB.

WSSRA priority bills listed above did not pass during the 2008 session. The first two did not get out of the House committees. The last one was considered as non-zero but with indeterminate cost /or savings. It did make it to the Senate Ways and Means. Discussion about the cost resulted in it not getting out of that committee.

These bills will be studied and prioritized for next year. The 2008 session was a short “60” day session. WSSRA is pleased that the final conference committee agreement on the Supplemental Operating Budget (ESHB 2687), maintains provisions included in the initial 2007-09 Operating budget which increases the PEBB Medicare retiree “explicit” subsidy from its 2008 level of \$164.08 to \$182.89 in 2009. **This is good news.**

Rachel and Ellie thank all of you who were on the telephone committee and everyone who made contact with their elected officials. It does make a difference and many commented that they had heard from our supporters. We will be contacting them again next year and will need your help. Stay tuned!

Thank you for scholarship donation

Bob & Elinore Bisnett in memory of Olive Bisnett Evinger

Mary Ellen Gardiner in memory of Gwen Jensen



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ADDRESS SERVICE REQUESTED

HELP US WITH INFORMATION TO PUT IN THE *BULLETIN*

The deadline for the next newsletter is 8:00 AM, **Saturday, April 26.**

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, May 5, call **Betty Odle** 206-525-8276, **Ellie Bonnano** 425-778-0751 or **Joan Hetrich** 425-778-9572

Address Changes:

- Pg 31 Goodrich, Lisa M, 11642 NE 155th St, Bothell, WA 98011-4114
- Pg 34 Hawkes, Marjorie J, 14715-65th Ave W, Edmonds, WA 98026-3509
- Pg 35 Heyrend, Jeanne P, change Apt # to 314
- Pg 35 Hills, Shirley S, 5824 McLennan Ranch Ave, Las Vegas, NV 89131-2969
- Pg 41 Koon, M. Bette E, change email address to: bettek2@comcast.net
- Pg 65 Staser, Sally, 821-12th Ave N, Edmonds, WA 98020-2935
- Pg 67 Thomas, Larry L, 23825-15th Ave SE Unit 21, Bothell, WA 98021-8862
- Pg 72 Wilson, Ruth A, 9218-15th Ave NE, Seattle, WA 98115-3114