

Sno-King School Retirees



February 2008

www.sksr.org

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Evelyn Nordeen, Sunshine
Barbara Berg, Scrapbook
Dave Johnson, *Bulletin* Editor

The SKSR Bulletin

A Message From Our President



Happy New Year, 2008 to you all! As I write I am enjoying the beautiful sunshine and blue skies on this very, very, cold winter day. I hope you're ready to gear up as we are looking forward to a very busy month of February.

First, our Winnie Smith Ad Hoc Committee is implementing the approved proposals it brought to the Board in January. Those proposals are: (1) To raise the annual Scholarship amount from \$1000 to \$1200 for each of our four Scholarships, and, (2) make the Scholarship amount renewable for three additional years if established criteria are met. We are very happy to be able to make this offering at this magnitude. We have received the first check from Winnie's estate and the Committee is considering investment options.

Second, you may want to attend the February 14th Executive Board meeting, at the ESC Room #101 at 1 p.m. You are always welcome to attend Board meetings, but at this meeting, in addition to our regular business, we will have Association Member Benefits Advisors (AMBA) representative, Kevin Slattery, to update us and to describe for us the benefits we qualify for with our WSSRA membership (See p. 9).

Third, our General Meeting on Friday, February 22nd, will be held at the ESC, Room #101-102 at 1 p.m. Entertaining us will be prestigious historian, retired Edmonds School District teacher, and one of our own members, Dr. Charles LeWarne

continued p3

**“FROM BUG TO USK” With Dr. Charles LeWarne
February 22nd**

No, this title is not riddled with typos!! That is the title of the program at our Friday, February 22, 2008, meeting at 1 p.m., Room 101 and 102 at the Edmonds School District Service Center. Entertaining us will be historian, retired Edmonds School District teacher, and one of our own members,, Dr. Charles LeWarne. The title of his talk is: “From Bug to Usk—with a Few Stops in Between: A Look at Washington State Place Names.” We hope you will invite a friend and join us for what promises to be an informative, amusing and entertaining look into the names of Washington State places.

Dr. LeWarne has a very prestigious background. If you teach/have taught Washington State History, you probably are acquainted with his text, *Washington State History*, in its Third Edition. He is the author of *Utopias on Puget Sound 1885-1915*, which received the Governor’s Award; and co-authored the *Washington: A Centennial History*, commissioned by the Washington Centennial Commission. He is one of five co-authors of *Snohomish County: An Illustrated History*.

Dr. LeWarne retired in 1989 after teaching high school history for 33 years, most of them in the Edmonds School District. He was the 1987 State Teacher of the Year. He has chaired many local and state historical organizations and he was a founding member of the Edmonds Historic Preservation Commission. He is the recipient of the Distinguished Scholar Award of the Communal Studies Association, the Pacific Northwest History Award of the Pacific Northwest Historians Guild and the Robert Gray Medal of Washington State Historical Society. He continues to be active in these and other historical and community organizations. Dr. Charles LeWarne and his wife, Pauline, also a retired Edmonds School Teacher, have three adult children and seven grandchildren and they live in Edmonds.

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www.sksr.org

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

- February 14**
- March 13**
- April 10**
- May 9?**
- July 10**

MARK YOUR DATEBOOK

General Membership Meetings

February 22 Dr. Charles Le Warne
From Bug to Usk

- April 17 Scholarship Luncheon
- May 22 Joint Meeting with Sno-Isle
- July 17 Picnic Edmonds City Park

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(See p. 2). The title of his talk is “From Bug to Usk – with a Few Stops in Between: A Look at Washington State Place Names. We know you won’t want to miss it! Additionally, we will be conducting two drives for your charitable giving. Jim Siscel chairs our project to collect donations for the 82nd Airborne Medic Unit in Scania, Iraq (See p. 9). Virg Rayton chairs our project to collect donations for flood relief for victims in Lewis County and in particular to the very hard hit Boistfort School District area (See p. 8). Two things occur to me, personally, as we conduct these drives. One, we’ve just come through the “giving” season and it reminds me that needs go on all twelve months in a year; also I always like giving to events when I know quite particularly where my donation is going and it’s sometimes difficult to find opportunities like that. I feel especially good about the specific help our donations to these two causes can give. I hope, if you’ve been wanting a way to contribute to our soldiers in Iraq or Afghanistan or to Flood Relief for the victims in Lewis County, that you will choose to contribute to our projects in February. If you can’t attend, but want to contribute, just make a check payable to Sno-King School Retirees, P O Box 33962, Seattle, WA 98133-0962, by February 22, indicating your wishes.

And fourth, for those of you thinking about retiring, we co-sponsor the Retirement Seminars, five in all, for Northshore, Edmonds, Shoreline and Mukilteo. They begin on February 28th at Edmonds ESC (See p.7) . We highly recommend these sessions that can be so vital to your retirement planning. Bob Jones, our liaison, does a super job!

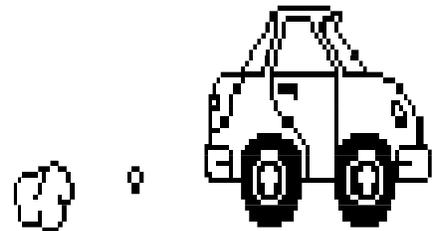
I hope to see each of you at least once in February during this busy, informative, entertaining month!

In closing and on a somber note, I am sorry to inform you that the WSSRA President, John Lothspeich, 84, has passed away. He had been ill for some time. As you will see in his obituary in this Bulletin, he was very active in his community and in WSSRA. He will be greatly missed. Gene Forrester, president elect, has taken over his duties.

Erma Snook, President

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 2008 dates

Thurs & Fri Feb 7 & 8

Wed & Thurs Mar 12 & 13

Wed & Thurs April 16 & 17

HEALTH TIPS

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

HEALTH IS GOING GLOBAL: American medicine and health are going increasingly global, medical schools and hospitals have established residences that allow doctors to train overseas. Celebrities have heightened interest, as has Oprah Winfrey (AIDS in Africa), George Clooney (Darfur), which gets media attention. Harvard School of Public Health has Drs Paul Farmer and Jim Kim working on foreign health issues. The Bill & Melinda Gates Foundation committed \$8 billion to global health, and various governments around the world have contributed \$9.7 billion to fight AIDS, TB and MALARIA. Good work is being done and one hopes it will continue to improve global health. With today's frenetic trade and travel, disease can travel from country to country daily.¹

WHAT'S NEW FOR VITAMIN D AND YOU:

The latest research links lack of vitamin D to cardiovascular disease. Researchers followed 1739 members of the Frammingham Heart Study for five years, monitoring the levels of Vitamin D in their blood. They found a high correlation in those with low levels having a much higher record of strokes, heart attacks and heart failure than a control group who have high levels of vitamin D. "This is a stunning study" said John Whitcomb, Medical Director of the Aurora Sinai Wellness Institute in Milwaukee; he was not involved in the study, but went on to say that we were designed to live in sunshine, and every year we go through this five month stress test, with little vitamin D from sunshine. Northern states such as Washington have substantially higher rates of heart disease, due to a lack of vitamin D. Most "one a day" vitamin tablets list 400 international units as 100% of daily need, but even the Harvard Medical School's Dr. Thomas Wang says that one half of healthy adults have low levels of vitamin D. Higher levels of vitamin D can lead to less inflammation in arteries, and can reduce blood pressure. More studies will follow, Large clinical trials – vitamin D compared

with a placebo, should be good news for those of us who do not go South in the winter.²

MORE ON VITAMIN D: The February issue according to Dr. Michele Bellantoni, Medical Director says that Vitamin D may have broad effects unlike other vitamins because it is a hormone; she recommends 800 units of vitamin D daily for anyone over the age of 50.³

THE AGING EYE: Like the rest of your body, the eyes change throughout your life. The first sign is deterioration of close up vision, and easily corrected with glasses. Some types of age related loss of vision can't be fixed so easily. Age related macular degeneration (AMD), loss of vision in the center of the retina, is estimated to affect nearly two million Americans, age 50 to 85. In 2001, researchers found that high doses vitamins and minerals could help slow the disease. The National Eye Institute is sponsoring a second age related eye disease study (AREDS), to determine the effects of three nutrients that weren't tested in previous studies: lutein, zeaxanthin and Omega 3 fatty acids. Under the AREDS study there will be numerous variations of drugs and vitamin C, beta-carotene and zinc combinations that will be tested to see if improvements can be made. Macular Degeneration is of two types, "dry" slow deterioration, blurry vision in a small center, but may become "wet" suddenly. This results when abnormal blood vessels develop leaks and extend like tentacles under and into the retina. These new arteries leak blood, which injures and scars, usually in the center of the macula, causing severe loss of vision. This early sign of "wet" macula causes straight lines suddenly to appear wavy and shapes to look deformed. Drugs used as injections into the "wet" macula are Macugen, Lucentis, and Avastin. These three each inhibit new blood vessels from developing. To slow this process, older people may benefit from diets rich in fresh fruits, dark green leafy vegetables, spinach, collard greens, etc. Ask your eye doctor to carefully check whenever there is a sudden change to low vision. One company claims that up to 40 percent of their patients achieved 20/40 vision after one year of

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 monthly treatments for “wet” macular and offer a free bulletin at www.lucentis.com ⁴
 Next issue, new research on autism and Mayo approved home healthcare remedies.

MENTAL MASSAGE:

While on vacation the young female employee had a short hair cut. The first day back at work, she asked the boss if he had missed her. “Missed You”? “I don’t even know who you are”
 My boss and I have a personality conflict: I have one and he doesn’t.

¹Harvard Staff *Harvard Health Letter* December 2007 p,3
²Fauber, John *Milwaukee Journal Sentinel* and *Seattle Times* January 8, 2008 p,11
³*The John Hopkins Medical Letter* February 2008 p3
⁴*John Hopkins Medical Letter* December 2007 P1&2. Harvard Medical School The Aging Eye Web Site. www.health.harvard.edu

Shore to Shore & Line to Line

*A history of the Shoreline School District
 Its first sixty years - 1944 to 2004*

This publication presents the history of the first 60 years of the Shoreline School District, from 1944 to 2004. Through the words of individuals and committees of writers the triumphs, trials and anecdotes of District #412 are revealed. The book gives a comprehensive accounting of the district’s formation and development. It chronicles every school in the district, including those that were established before 1944, schools that were annexed into Seattle, schools that closed long ago as well as more recently, and currently open schools. Special programs that have contributed to the growth of the district are also noted. District 412 has profoundly influenced the Shoreline community and education in Shoreline, King County and Washington State.

A history book, three years in the making, is now available through the Shoreline Historical Museum. The book is available at the Museum and the District Superintendent’s office, Shoreline Center. Cost: \$30.



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Winter Waltz

by Rita Requa

Ten members of Sno-King School Retirees visited Vienna, Salzburg, and Prague in early December with a tour, Winter Waltz, hosted by Jo and Bruce Caldwell. *

While Music was the common thread of this adventure, somehow food, drink, dessert, and chocolate began to share the theme. We began in Vienna, home of coffee shops, Demel Bakery famous for its cakes, Christmas markets, Beethoven, Mozart, Schubert, Haydn and Mahler.

For our first meal together we walked a maze through the basement of an old wine cellar, Esterhazykeller, a restaurant that first served guests in the 1600s to our private dining room. We were entertained by a violist and accordionist and sang many traditional songs. Our feast consisted of huge platters of various meats including sausages, salads, German potato salad and pitchers of red and white wine. We were to have many more feasts of this nature, but no more singing on our part.

A walking tour of the city taught us much about the Habsburg dynasty and we toured the art museum, marveled at the fabulous Christmas lights which hung over the broad pedestrian streets, lunched at Cafe Central with a spectacular dessert, Kaiser Pancakes with plum sauce which made gluttons of us all.

The most memorable musical event in Vienna was a chamber concert in Mozarthaus, the oldest music hall in Vienna where Mozart lived in 1781. Four musicians, dressed in period costumes, played Mozart, Bach and Haydn with the only light from an electrified candelabra. It was truly magical. Long lines outside of Starbucks were puzzling, until we learned that Starbucks was the only non-smoking coffee house in Vienna, the home of coffeehouses.

We continued our tour to Salzburg, birthplace of Mozart, and enjoyed another entrancing Mozart concert in the Stiftskeller of St. Peter. A small orchestra and two opera singers performed selected arias from Mozart operas between each delectable course. Just before St. Nicholas day, Krampus, dark figures chase naughty children, but Father Christmas comes to the rescue with candy! Their visit

to this concert was certainly unexpected and produced cameras, squeals and laughter. Salzburg's Christkindl-Markt included 85 stands, ranging from glühwein (spiced hot wine drunk from earthenware cups), ornaments, toys, baked goods, candy, greenery, and warm hats and gloves. A trip to the Salzburg Fortress by funicular for dinner and concert was another tribute to Mozart, Rossini and Vivaldi!

We concluded Winter Waltz with sites in the Czech Republic, visiting a small historic village of Cesky Krumlov with a walking guide. After a huge lunch, predominantly of grilled meats, some went shopping for antiques and garnets.

Then on to Prague where again music was a centerpiece: we could choose from Mozart's Requiem, Smetana and Dvorak Concert, classical music concert in Church of St. Nicholas, Aida, and Don Giovanni. There was only one ticket available for "Don Giovanni" and I was the lucky one to see this opera in the Estates Opera House, the very venue where Mozart himself conducted the premier performance October 29, 1787.



SKSR members at Prague Castle

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The architectural splendor and history in Prague intrigued us all. We visited Prague Castle, the St. Charles Bridge, the Old Jewish Cemetery, the museums, the city squares and of course, the Christmas Markets.

The sights and sounds of those ten days in Austria and the Czech Republic, as well as new friends, will not be soon forgotten.

*Footnote:

Some folk began the tour with two days in Munich and concluded with 3 days in Dresden and Berlin. Details of those visits will be found in an upcoming edition of the WSSRA Journal.

Retirement Seminar Schedule

The Edmonds School District, EEA, and the School Retirees Association are providing the District's 2008 Retirement Seminars for Edmonds, Mukilteo, Northshore and Shoreline school districts. These sessions are provided for employees and spouses at no cost and confirmation to attend is not necessary.

IMPORTANT NOTE: Time for all sessions: 6:00 – 8:00 pm except Session 3 (Department of Retirement Systems, beginning at 5:00 pm and with various time slots per plan).

Location: Edmonds School District Administration Building (ESC)
20420 68th Ave. W, Lynnwood, WA 98036

Session 1

Thursday – FEBRUARY 28, 2008

• **Who What When and Why**

Katie Sherwood, Benefits Supervisor
Edmonds School District

• **What You Wished Someone Had Told You**

Panel of Retirees

• **Q & A**

Katie Sherwood & Panel

Session 3

Thursday – MARCH 13, 2008

• **WA State Retirement System**

DRS Representative

Board Rooms

5:00 - 6:20 pm TRS 1

6:30 – 7:00 pm Deferred

Compensation Program (for all)

7:10 - 8:30 pm TRS 3/SERS 3

• **WA State Retirement System**

DRS Representative

rooms 101 & 102

5:00 - 6:20 pm PERS 1

7:10 - 8:30 pm TRS 2/SERS 2

Session 5

Thursday – MARCH 27, 2008

• **Social Security and Medicare**

Social Security Representative

Session 2

Thursday – MARCH 6, 2008

• **VEBA III**

Mike Smolko, VEBA Representative

• **State Medical/Dental Plans**

Health Care Authority

HCA Benefits Representative

Session 4

Wednesday – MARCH 19, 2008

• **Long Term Care Insurance**

Rip Curtis, President, CEBS

Disability Underwriters

• **Getting Your Financial Ducks in a Row**

Richard Fowler, CFP

Sr Vice President, Investment Officer

D.A. Davidson & Co.

Portfolio Manager

Christy Gatién, AAMS

Financial Advisor, Portfolio Manager

QUESTIONS?

Please contact Katie Sherwood,
at 425-670-7000

FLOOD RELIEF DONATIONS REQUESTED

By Virg Rayton

December 2nd saw up to four feet of snowfall in the Willapa Hills and Baw Faw Peak west of Chehalis. It was immediately melted by 14 inches of rain which swelled the Chehalis River and its south fork to a record flood stage. Subsequently a dike above Adna broke creating a current that swept my aunt's house off its foundation and carried another house completely away. Adna High and Middle Schools were flooded as well as Boistfort School. The farm and home where I grew up were flooded drowning an entire goat herd and several cows as well. Muddy water entered the house covering electrical outlets and rose two-drawers-deep in the kitchen and ruined carpet, furniture and major electrical appliances. This happened in many homes and often folks had to be evacuated. For example, my sister's family fled to the Baw Faw Grange hall where they and 85 neighbors were fed and slept over until the water receded. Boistfort Water, a main supplier to the whole area, is dealing with water that's fouled by silt and bacteria. Turbidity from each new rain stirs it all up again and their filtration system is unable to cope yet. This is a farming area and agricultural land sits covered with four to six foot silt deposits and has been strewn with Weyerhaeuser logs from clear cut hillsides. Even now they appear as acres of logjam requiring removal before spring planting may begin.

Sno-King Retirees' board voted to allow interested members an opportunity to support the work of the Boistfort Lions Club flood relief. They are in close contact with the real needs of people whose livelihood has been threatened in their own community and are therefore best qualified to administer aid. Boistfort School Superintendent, Rich Apperson, is a member and has agreed to be our link with the Lions and their work. He reports that Boistfort students finally have been able to return to their classrooms, but homes in the community are still needing expensive dehumidifiers, bottled water and other specific family needs. Rich assures us that 100% of donations received will go to people with needs. If you've been wishing to help Lewis County flood victims but didn't know how, here's your chance to support a great cause.

- 1) Checks / donations to Boistfort Lions may be brought to our February 20th general meeting.
- 2) Checks may be sent to and will be forwarded by: Donna Murrish, SKSR Treasurer PO Box 3396 Seattle, WA 98133-0962
- 3) Checks can be sent directly to: Boistfort Lions Club c/o Rich Apperson, Superintendent Boistfort School DISTRICT 983 Boistfort Curtis, WA 98538

If you choose option #3, please indicate you're a member of Sno-King School Retirees.

PEBB Subsidy

Here is an explanation of the PEBB explicit subsidy, courtesy of Leslie Main's bulletin of 4-26-07 "Medicare-eligible K-12 and state retirees, enrolled in PEBB sponsored health plans are grouped into a single risk pool and provided with an "explicit subsidy" which reduces PEBB premium rates paid by retirees.

Under the 2007-09 Operating budget passed by the Legislature, the PEBB Medicare Eligible Subsidy will increase from its current level of \$149.67 to \$164.08 in 2008 and \$182.89 in 2009."

So the subsidy applies only to those who are in Medicare. There is an advantage to growing old, I think. I hope this explanation helps

82nd AIRBORNE
COMBAT MEDIC TROOP

Jim Siscel's nephew is serving as a combat medic with the 82nd Airborne. The troop of 80 Army personnel is assigned to Scania, Iraq. Under Jim's leadership, we are sending care packages to the troop. It is just past the Christmas rush when they received lots of packages from families and friends and they could use another boost. We will be collecting donations at the February General Meeting on February 22nd (See p. 2). We need your contributions. There is a Suggested Items List on our Web site at www.sksr.org. Look under the "Bulletins" link. The general categories are: Canned items, Condiments, Microwavable Foods, Snacking Foods, Toiletries (the longest list), Clothing (quite specific), and Suggested Leisure Time Materials. The list also includes what cannot be sent. Everything must be appropriately sealed/packaged. Jim has offered to shop for us, if we want to make Money Donations, as he can shop at the Commissary and his dollar goes further than ours. If you cannot attend the meeting, but would like to contribute, make your check payable to SKSR and send to Donna Murrish, Treasurer, P. O. Box 33962, Seattle, WA 98133-0962, by Feb 22. All donations will be greatly appreciated.

2008 LEGISLATOR
CHANGES TO RED CARD

as of January 11, 2008

Dist. 21 (from Rep. Brian Sullivan)
(new) Rep. Marko Lias (Pos. 2)
JLOB 430 (360) 786-7972
Lias_ma@leg.wa.gov

Dist. 44 (from Sen. Dave Schmidt)
(new) Sen. Steve Hobbs
JAC 213 (360) 786-7686
Hobbs_st@leg.wa.gov

Dist. 44 (from Rep. John Lovick)
(new) Rep. Liz Loomis (Pos. 2)
JLOB 322 (360) 786-7892
Loomis_li@leg.wa.gov

Dist. 45 (from Sen. Bill Finkheiner)
(new) Sen. Eric Oemig
LEG 416 (360) 786-7672
Oemig_er@leg.wa.gov

Dist. 45 (from Rep. Toby Nixon)
(new) Rep. Roger Goodman
JLOB 320 (360) 786-7878
Goodman_ro@leg.wa.gov

These changes occurred after the printing and mailing of the red card. Please make these new changes for your district.

AMBA Services Explained

Have you heard of AMBA but don't know exactly what it does or how it benefits you? On February 14th at 1 p.m. in Room 101 at our regular Board Meeting at the ESC, Kevin Slattery, from Associated Member Benefits Advisors (AMBA), will update us on the AMBA services available to us as members of WSSRA. He will have handouts, answer questions and explain about AMBA's Long Term Care Insurance, Medicare Supplement Insurance, Whole Life Insurance, Dental Network Discount, Prescription Drug Discount Program, Hearing Benefits, Dell Computer Discount Program, Wholesale Warehouse Membership, Medical Air Transportation Service, Group Travel Program, Travel and Resort Program, Hotel Discount Program, and Rental Car Discounts. You are always invited to the Executive Board Meetings, but this may be a special event you would not want to miss.

SCHOLARSHIPS 2008

As our scholarship fund continues to grow our board has voted to increase the four scholarships we will award this year to \$1200 each and allow those winners to reapply for the same amount for the next three years. These scholarships will be awarded to one graduating senior from each of our three school districts and one at-large scholarship. Graduating seniors interested in pursuing education 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 and their completed applications must be postmarked by the deadline of March 21, 2008. Applications may be found in each high school's scholarship center and on our web site at www.sksr.com under the bulletins link. Winners will be honored at our annual scholarship banquet on April 17, 2008.

Keith Lindaas and Linda Fitzgerald
Scholarship Chairpersons

A PAT ON THE BACK TO US!

Our annual fund-raiser (Entertainment Books) was the best year ever! A huge thanks to all of you who purchased and/or sold books for Sno-King. When the tally was finished, we had sold 164 books and earned more than \$1500 for the Scholarship Fund! That pays for one scholarship plus.

Next fall we're set to do it again. Books for 2009 have been ordered and will arrive in August. I believe the price will be the same as this year - \$20. More information later in the year.

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)

Acceptance of this paid advertisement does not imply SKSR endorsement.

A LETTER FROM EDMONDS SUPERINTENDENT

Dear Sno-King School Retirees,
On behalf of the Board of Directors of the Edmonds School District, I am writing to provide you with information regarding a concern raised recently about the District's purchase of property in 2005 for the relocation of our bus barn. A question has been raised about the purchase price for the site. I would appreciate your time to read this information in its entirety online, where I explain the reasons for and the steps followed in making this purchase and the financial advantages it has for taxpayers. The letter is available at: www.edmonds.wednet.edu/Jan08CommunityLetter.pdf <<http://www.edmonds.wednet.edu/Jan08CommunityLetter.pdf>> .

Sincerely,
Nick J. Brossoit, Ed.D., Superintendent
Edmonds School District

THANKS FOR YOUR GENEROSITY

More thank yous are in order for donations and memorials received from the following since the last news bulletin:

Bob & Elinore Bisnett	donation
Phyllis Fiege	donation
Jack Rogers	donation
Jim & Marianne Lockhart	donation
Fred Cochran	donation in honor of WWII Veterans

Maxine Kirkpatrick	in memory of J. Beem
Cheryl Bickford	in memory of F. Jackson, G. Smith, and A. Miner
Sno-King	in memory of B. Davis, L. Harvey, J. See, F. Jackson, G. Smith, E. Richards, A. Miner, E. Hasselblad, and D. Baumgartner

Vote for President-elect: Sno-King School Retiree member Rita Requa is a candidate for President-Elect of the Washington State School Retirees. Rita's experience includes SKSR President, Grants Chair, Education Chair, Executive Board Member, NW-1 Secretary, Chair, Both SKSR and NW-1 have endorsed her candidacy and planning her campaign for this office.

Welcome New Members:

Pg 12 Ameling, Lynne M, 11617 105th Ave SW, Vashon 98070-3115

Pg 13 Austenfeld, Carol A, 9209 190th St SW, Edmonds 98020-2330

Pg 14 Barnum, Sally T, 8904 NE 198th St, Bothell 98011-5904

Pg 23 Corbett, James J, 927 Olympic Ave, Edmonds 98020-2961

Pg 24 Craig, Steve B, 5323 NE 178th, Lk Forest Park 98155-4536

Pg 34 Hawkins, Roberta L, 9630 236th Pl SW, Edmonds 98020-5642

Pg 36 Hopkins, Craig T, 18112 60th Ave NE, Kenmore 98028-9402

Pg 43 Leenknecht, Merald A, 15556 11th Ave NE, Shoreline 98155-6220

Pg 49 Michaelson, Jeffrey A, 16006 28th Dr SE, Mill Creek 98012-7886

Pg 50 Murphy, Lea F, 17143 133rd Ave NE #382, Woodinville 98072-3575

Pg 54 Palmer, Beverly Z, 10518 221st Ln NE #101, Redmond 98053-2012

Pg 54 Paulson, E. Chris, 15529 25th Ln SE, Mill Creek 98012-4829

Pg 54 Pauly, Jane R, 3094 224th Pl SW, Brier 98036-8046

Pg 56 Pierce, Douglas A, 18813 81st Ave W, Edmonds 98026-6012

Pg 60 Rondeau, Richard D, 18809 Soundview Pl, Edmonds 98020-2358

Pg 63 Sharp, Nolda V, 19209 90th Ave NE, Bothell 98011-2203

Pg 63 Sheehan, Diane, 17837 40th Ave NE, Seattle 98155-4201

Name Change:

Pg 14 Barnfather, Gail M – change to Gail M. Bauman

Deceased:

Pg 34 Loyd R Harvey - Nov. 2007

Pg 34 Edward S. Hasselblad – 1/19/08 (Shoreline Dist)

Pg 37 Frances G. Jackson – 12/6/07 (Shoreline Dist)

Pg 49 Adah Miner – 1/4/08 (Shoreline Dist)

Pg 58 Emily H. Richards - Dec. 2007

Pg 62 Julia A. See – 11/25/07 (Shoreline Dist)

Pg 64 Gene T. Smith – Nov 2007 (Shoreline Dist)

Pg 15 M. Dean Baumgartner – 1/21/08 (Shoreline Dist)

OBITUARIES

John Lothspeich, WSSRA President, passed away on January 17th, 2008 in Spokane. He was 84 years old. He received his BA and MA from Eastern Washington University. He was a teacher, coach, high school principal and EWU administrator. His many honors and awards include the Washington State AARP Andrus Award for Community Service. He took great pride, as a retiree in the late 1990s, in being instrumental in raising \$1.2 million to build the Southside Senior Center in Spokane.

Frances “Fran” Scheffler Jackson. Fran was raised in Fairbanks, AK, where she received her B.S. Degree from the University of Alaska. She taught in Sitka and Wasilla. In 1949, she moved to Seattle, and began teaching in the Shoreline School District at Ridgecrest Elementary. She held a number of positions in the District, retiring as the Director of Elementary Curriculum and Instruction. Fran served on the Board of Directors for the Wonderland Developmental Center in Shoreline. Fran had a genuine interest and care for everyone she met. She will be greatly missed by all who knew her.

Dr. Adah L. Miner embarked on a 45-year career that began with teaching in a two-room school house in Western North Dakota. Adah held a number of teaching positions in North Dakota in the 1930's through the early 1940's. She accepted a position with the newly formed Shoreline School District where she soon rose to Assistant Superintendent of Instruction. Adah's career as an educator culminated at the University of Washington in the Speech and Hearing Sciences department where she was a full Professor. Adah's family, friends, colleagues will greatly miss her.

Gene T. Smith was a long time Edmonds resident. After graduating from Seattle University, Gene began his 27 year career in the Shoreline School District at Morgan Junior High. He moved into administration.. Gene designed Shorewood High School and became its first principal. He remained there until he retired in 1980. It was in his last year at Shorewood that he was honored with Administrator of the Year Award., He was known for his generous spirit, kind heart and friendly demeanor to all.



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HELP US WITH INFORMATION TO PUT IN THE *BULLETIN*

The deadline for the next newsletter is 8:00 AM, **Saturday, March 22.**

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 **Monday, March 31**, call **Betty Odle** 206-525-8276, **Ellie Bonnano** 425-778-0751 or **Joan Hettrich** 425-778-9572

Address Changes:

Pg 12 Allen, Jerry L, 37422 Olympic View Rd NE, Hansville, WA 98340-8726

Pg 29 Flatness, Paul L, 1902 242nd St SE, Bothell, WA 98021-9580

Pg 29 Francis-Stuart, Carolyn, PO Box 2739, Cottonwood, AZ 86326-2582

Pg 31 Gillespie, Eileen C, 3434 25th Ave W, Apt 201, Seattle 98199-2229

Pg 33 Hansen, Norman R – change email address: nhansen27@gmail.com

Pg 41 Knox, Jennifer A, 12303 Harbour Pointe Blvd, Apt EE205, Mukilteo 98275-5257

Pg 50 Moberg, Dorothy R, 11533 Palatine Ave N, Seattle 98133-8618

Pg 67 Thomas, Larry L, PO Box 13079, Mill Creek, WA 98082-1079

Pg 68 Trosvig, Frances J, 822 Rucker Ave, Everett, WA 98201-1310

Pg 73 Yantis, Elna M, 605 Broadway St, Apt 367, Longview, WA 98632-3288