

Sno-King School Retirees



May 2008

www.sksr.org

The SKSR Bulletin

A Message From Our President



As Spring advances (in Spring-like fashion or not!) we begin to realize how short a time remains in this year.

At a very Spring-like event, the Scholarship Luncheon, Linda Fitzgerald and Keith Lindaas presented our Sno-King Scholarship recipients for this year.

What a breath of fresh air! Each recipient was very poised and comfortable speaking briefly before us about an influential teacher that inspired them to go into the field of education.

In May we will meet jointly with Sno-Isle as they host us for lunch, a good time and time to reconnect with old friends.

The WSSRA State Convention is on the horizon. Our delegates are selected, our rooms rented and the program is set. We are looking forward to a special convention this year with Rita Requa as candidate for president elect!

Our last event of the year is our July Picnic at Edmonds Park on July 17th. We all enjoy this event. It is a task free, enjoyable time. Our special focus for the picnic is to meet and recognize colleagues new to our Unit (within the past year or so!) and those brand new to retirement who may already be members or who are considering it. If you know of someone in those categories, plan now to invite them to the picnic. The picnic is a good place to find out about us and meet the new officers. We hope you will find something that inspires you to participate with us in our 2008-2009 work. Put the date on your calendar! I look forward to meeting each of you.

Think sun!

Erma Snook, President

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

YOU'LL FIND INSIDE

President's Message.....1
 Calendar of Events.....2
 Sno-King-Sno-Isle Joint Mtg.....2
 Convention News.....3
 Health Tips.....4 & 5
 On The Campaign Trail.....6
 WSSR - PAC.....6 & 7
 Volunteering.....7
 Scholarship News..... 8
 SKSR Bulletin Board.....9
 New Members.....9
 Address Changes.....10

www.sksr.org

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

May 9
June 4
July 10

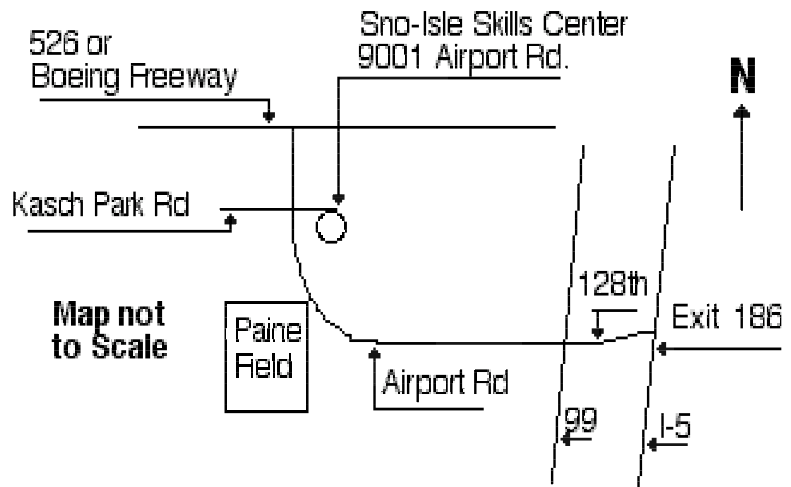
The "Sno" Units Meet Jointly

Sno-King Unit 23 is being hosted by Sno-Isle Unit 22 this year. An alternating host tradition continues on Tuesday, May 20th at the Sno-Isle Technical Skills Center (see map) at noon.

The price is \$11.00 and you need to select an entree choice of either **Cider-Brined Pork Chops** or **Chicken Cordon Bleu**. The entree will be served with a specialty salad and dessert . You can RSVP to Erma Snook 425-776-2067 or email : egsnook@comcast.net by May 13. We have several people already signed up. We look forward to seeing you!

Chef Becky Pechman, a humorous, talented lady, will be our speaker. It's sure to be a delightful event.

Sno-King will hold a brief business meeting to elect our slate of candidates for 2008-2009. Be sure to come and make your vote count.



MARK YOUR DATEBOOK

General Membership Meetings

May 20 Joint Luncheon with Sno-Isle

June 9,10,11 WSSRA Convention Sea Tac

July 17 Picnic Edmonds City Park



For all your real estate needs call

Marilyn Irwin

Windermere Real Estate/GH LLC

425-672-1118—206-300-4438

Acceptance of this paid advertisement does not imply SKSR endorsement.

WSSRA State Convention

This year WSSRA State Convention will be held at the Double Tree Inn at SeaTac on June 9, 10, and 11. This is the first time since the mid 90s that the convention has been on the west side. Why don't you go to www.wwsra.org and register to join our delegates? Register before May 16 for reduced rates.

The keynote speaker will be Astronaut Dr. Bonnie Dunbar, President and CEO of Boeing Museum of Flight. She is a native Washingtonian with Bachelor's and Master's degrees in ceramic engineering and a Doctorate in mechanical/biomedical engineering. She has logged 1208 hours in orbit aboard the shuttles Atlantis, Challenger, Columbia and Endeavor.

On Monday, June 9th convention business will kick off with a banquet to celebrate the recipients of Outreach, Meritorious and President's Awards as well as Legislative Excellence, Membership, Units of Distinction and honoring of Unit Presidents. Following the banquet will be a pre-convention hearing from 7-9 p.m. It is an opportunity to discuss the proposed Budget, hear proposed resolutions and candidate speeches, recommend Bylaw changes and prepare for Delegate Assembly business on Tuesday.

Tuesday is the official day of convention business. At the close of business, a dress up Banquet will follow with entertainment by "Marvin's Marvelous Warblers", a spontaneous group of convention attendees who serenade us. It is always a highlight!

On Wednesday, there are Breakout Training Sessions for incoming Unit officers and chairpersons in the a.m. before we all head home.

Wear your T-shirts

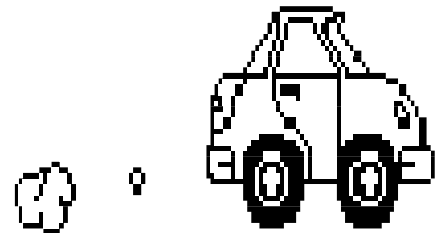
Sno-King delegates wear their special Sno-King t-shirts during the business meetings. If you need a t-shirt we have several mediums, large, and x-large. Call Betty Odle, 525-8276, if you need one for the convention.

Convention Delegates To Meet

On Wednesday, June 4th at noon Sno-King is hosting our 16 delegates to the WSSRA convention. They will meet at Barlees Restaurant, 7929 Lake Ballinger Way, Edmonds 425-672-0200. They will finalize campaign strategies for Rita Requa's bid for President Elect and discuss convention voting issues. RSVP to Erma Snook by Monday, June 2 at 425-776-2067 or email: 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.



Summer 2007 dates

June 19 - 20
No May, July or Aug.
Due to the remodel
of Anderson Center

HEALTH TIPS

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

Health Services

New on Autism: It's a pleasure to find a research study that is direct and of immediate help for doctors, therapists, parents and children. Research teams in 14 leading universities and medical centers agree that certain defects in chromosome 16 can result in autism – about one percent of people inherit the flaw. One in 150 children are diagnosed with autism; boys four times more often than girls.

Autism is a term that includes a family of disorders from childhood (age 2) on, and disrupts a person's social life and communication skills, ranging from mild to severe. Dr. Bai – Lin Wu senior author of the study, released 1/10/08 by the *New England Journal of Medicine*, says that his laboratory can isolate the flaws in chromosome 16 and tells parents whether their child has a flaw.

Locally, at the University of Washington Autism Center Research Program, Annette Estes, commenting on the study says, "If we can identify children at risk for autism very early, we have a chance to intervene while the brain is still developing". Also, the Washington State Legislature created a task force (2006) to lay out a plan focusing on access and affordability to care for autistic children. In an unusual editorial article the *Seattle Times* staff urged insurance companies to cover proven treatment for autism.¹

If you would like to live to age 100 you wouldn't be lonely:

There are 55,000 Americans age 100 and older. That has produced a flood of information focused on the baby boomers of today turning 65. One such article is by Tom Perls, Director of Boston Medical Center's New England Centenarian Study. His tracking of 739 people age 100 and beyond found that a third of them had serious diseases earlier in life, but survived, just didn't stay healthy all their lives. Dr. Perls says that giving in to an illness helps determine how long they will live. When people become disabled, they become truly sick, and stop

living to older age. His best advice sounds very familiar, lose weight if overweight, exercise, and use doctors who don't give up on you, just because you are older, but can treat you for your disease, not your age.

Centenarians are the fastest growing of American groups and are a concern to experts on the impact for Social Security and Medicare. However, some of the fears seem premature; Harvard Medical points out that life expectancy for those born in 2005 (latest survey) in the US is 77.9 years; women live to 80.4 and men to 75.2. It took 35 years for life expectancy to increase from age 70 to 77, even with great improvement in medical treatments. It would seem that very likely another 7 years could be added to average life increasing to age 84; some few will be centenarians. Good Luck!²

New University of Washington Institute:

New University of Washington Institute has been organized to assure "accurate bias free" assessment of health and mortality statistics. There are several different "World Health Organizations" and figures reported by them show much inaccuracy. For example mortality figures of the various programs in the World Health Organization (WHO) showed the total was three times the number of people who had died. "Obviously, something was wrong", said Dr. Christopher Murray, Director of the University of Washington Institute for Health Metrics and Evaluation. Dr. Murray's goal is to provide reliable data on what works, and what doesn't in the battle against sickness and death in developing countries. Accuracy is often a political decision. Reports go to UN Health Organization, Children's Fund (UNICEF) and others.

Funding for the study is \$105 million from the Bill & Melinda Gates Foundation all according to a *Seattle Times* article by Science Reporter Sandi Doughton.

Hats off and salute to Rhodes Scholar Dr. Murray and Bill and Melinda Gates for creating this Institute. Best of luck and thanks from all of us!³

Continued to p 5

Continued from p 4

The Mystery of Fibromyalgia;

Symptoms reported centuries ago caused doctors to diagnose this problem as a syndrome and called it fibrositis, implying inflammation in the muscles. Later research showed no inflammation; doctors also thought the fatigue and much body pain were purely psychological conditions.

Recent decades of research has caused the medical profession to at long last recognize and understand that the FMS problem involves the nervous system. Symptoms include, fatigue, painful muscles, tendons, ligaments, and specific “tender to the touch” body areas.

Fibromyalgia is a problem mostly affecting women, Other symptoms include, irritable bowel syndrome, headaches, jaw problems, oversensitivity to noises, smell, touch, light, depression, anxiety, and struggle to concentrate. It affects about two percent of women ages 20 to old age, but it doesn’t get worse or be life threatening, just miserable!

Treatment includes the drug, Lycra, approved by the FDA for treatment of Fibromyalgia. The best care according to the Mayo Clinic is learning more about how to manage pain: Exercise can help for better well being, reducing stress,

meditation, deep breathing, getting a good night sleep on a regular schedule, getting cognitive behavior therapy (how to handle anger and anxieties).

There are many publications of fibromyalgia, but the best is a 12 page booklet by the Arthritis Foundation, titled *Fibromyalgia Syndrome*. It came free to us, Web www.arthritis.org ⁴

You can’t push yourself forward by patting yourself on the back.

The doctor hands you a pill bottle and says, “Take one of these whenever you can get the top off”.

¹ Dr. Ranit Mishon *Seattle Post Intelligencer, Parade Magazine* p.4 & Suzanne Wright p. 5-6 January 27, 2008

² *Harvard Health Letter* November 2007 p.6

³ Sandi Doughton *Seattle Times* p. B1-5 April 9, 2008

⁴ *John Hopkins Letter* p. 4-5 November 2007 and *Mayo Health Letter* p. 4-5 April 2008



Great Bucket Bunch from Vineyard Park

Affordable Living for Exceptional People

This retirement community is a full-service monthly rental facility

Sponsored by:

The Seattle Education Foundation

A not-for-profit group of active and retired Seattle school educators

- ◆ 24-hour staff & security
- ◆ Full kitchens
- ◆ Washers & dryers in each unit
- ◆ All utilities including cable TV
- ◆ Residency open to general public
- ◆ Breakfast & evening meal served daily
- ◆ Beauty salon/barber service on site
- ◆ Free scheduled transportation
- ◆ Activity & wellness programs
- ◆ Light housekeeping

Acceptance of this paid advertisement does not imply SKSR endorsement.

425-402-9606

www.foundationhouseatbothell.com



Affordability - Comfort - Beautiful Setting



**Foundation House
at Bothell**
A Retirement Community Sponsored by Educators

PO box 2107 ■ Bothell, WA 98041-2170

Adjacent to Northshore Senior Center

17502 102nd Ave. NE ■ Bothell, WA 98011

ON THE CAMPAIGN TRAIL . . .

What makes someone decide to be president? Rita Requa contemplated this question over a year ago when she decided to embark on the quest for Northwest #1 candidacy for President-Elect of WSSRA, our state organization. She said she was interested because one of our past state members, Joanne Dunn, had challenged her years ago. She finally decided to take up that challenge this 2007-2008 year, and she began planning her strategy. The election is to take place at the June Convention. It will be a three year involvement as she serves in the capacity of president-elect, president, and past president.

A long-range calendar plan began to take shape, and she worked to implement it—month by month, week by week. It also included a holiday trip to Munich, Vienna, Austria, Prague, Dresden, Berlin, and Potsdam, another trip to Paris, a trip for surgery, and a convention responsibility for her Alpha Delta Kappa sorority. These trips were written for the March-April WSSRA *Journal*. Time was programmed for her to write minutes for WSSR-PAC, attend WSSRA's Board, WSSRA Outreach, and NW #1's meetings, attend WSSR-PAC meetings, attend WSSRA Legislative meetings in Olympia, and visit legislators during the 2008 session. She stated that Rachel Lake would be her campaign manager, and serious planning began.

She needed to announce her candidacy to Sno-King Executive Board and she obtained their endorsement in January. On to NW #1 who unanimously endorsed her. NW #2, who also was entitled to provide a candidate but decided not to do it, gave her their endorsement at their Coordinating Council meeting that she attended. This meant she would be unopposed.. She provided them with her small introduction card, designed by Bruce and Jo Caldwell, who also gave her some tips about publicizing her candidacy. Another endorsement came from SW #4. The WSSRA's *Journal* for May-June includes her statement and intent.

The next part of the plan was to decide how to implement the statewide activity, and to involve all the four units of NW #1—Sno-King, Whatcom, Sno-Isle, and Skagit. All presidents attended a planning session at Rita's home in February and they were given responsibilities for their units. Erma Snook (Sno-King), Kay Bishop (Sno-Isle), Kathy Reim (Skagit) and Bev Smith (Whatcom) all agreed to have a specific part in Convention activities. Rita gave more specific data for them in April. Sno-King provided the initial funding and all other units are contributing. An invitational table at Convention will be manned by all units at different times. Posters will be visible, and candidate give-away items will be at the table the first day of the convention. Members are invited to come by her table and say "Hello".

She will present her candidate speech to the convention assembly on Monday, June 9th. Sno-King members will present a skit, and voting will take place the second day, Tuesday, June 10, 2008. We are all very proud for her to represent us statewide. Good Luck ahead, Rita



JUST WHAT DOES WSSR-PAC DO?

Why do we need a PAC and what does it do? Only the WSSR-PAC can endorse candidates for legislative positions and support candidates financially; it is entirely separate from WSSRA and those membership dues are not used for this purpose. WSSRA-PAC is a nonpartisan organization that is designed to promote the "general welfare of school retirees and to encourage their involvement in the state political processes."* It complies with all rules, regulations, and reporting procedures of the Washington State Public Disclosure Commission. (*WSSR-PAC Brochure/ revised January, 2008)

The PAC's goal is to raise money to enable us to give endorsements and financial support to candidates, incumbents, and issues. Donations are raised through fund raising activities to which members

can contribute. The WSSR-PAC's Executive Board generally meets monthly to promote these activities, evaluate candidates' positions taken during the legislative session, and work with the WSSRA Legislative Committee to establish goals and future direction. WSSRA's local units are invited to give their recommendations regarding candidates.

As this year will be the year for all House of Representative members to run for a two-year position in November 2008 election, the PAC Board is actively involved in the above activities. One-half of the Senate is up for re-election or filling a position that is vacant too. You are invited to participate at the summer Sno-King Picnic and the June Convention in Sea Tac.

Rachel M. Lake, WSSR-PAC Treasurer

Volunteering for Children

by Linda Ottmar (SKSR Member)

Notes from presentation at the Scholarship Luncheon

Have you thought about volunteering now that your teaching career is over? Do you want to continue to help children? Here is an opportunity you don't want to miss.

Volunteer Guardian ad Litem (VGAL) or Court Appointed Special Advocates (CASA) look out for the interests of children who are in foster care because they have been removed from their parents' home due to abuse or neglect. The program has been in existence for 30 years. There is a need in Snohomish County for more volunteers to be trained and take on cases.

You visit the child, keep track of how they are progressing, and check up on whether the parent is following court ordered services. In the end you write a report to the judge who decides if the child returns home or is adopted.

Always there are the stories about the kids whose home life gets in the way of their education. How many times did you think about taking a student home or helping them in some way to meet a need that was lacking in their life? I bet it happened every year during your career. As you think back over those years certain needy kids stand out. You wonder what became of them and you knew that with someone intervening that child could have a much better opportunity to reach his/her potential.

Guardians are the eyes and ears of the judge. The State of Washington is bound by law to try to reunite families. Our job is to be the advocate for the child to make sure that the very best possible outcome happens for the child. Many times this is not a return home, but adoption.

As former educators we have special talents that can be used to help these children. We are not easily misled by parents whose excuses are not always credible, we can produce well written reports, and we know how to talk and empathize with children.

But beyond that we now have a chance to reach out to help children like those whom we have worried about for years. We can help make sure that children go home to a place where they are loved, well taken care of, and to someone who will help them with their homework!

The VGAL program is a way for us to help children like those needy kids we remember from our past lives as educators. I can think of no better way for us to continue to use our talents to help all of our children be the best they can be.

For more information contact Kristine Morse at Snohomish Juvenile Court in Everett at the VGAL Office 425-388-7854.

Check our website www.skrsr.org

Congratulations!!! Our 2008 Scholarship Winners:

Emily Blair - Inglemoor High
 Stephanie Dilbeck - Meadowdale High
 Darlene Germino - Lynnwood High
 Megan Moreland - Shorewood High



LtoR Megan Morland, Stephanie Bilbeck, Emily Blair

Each of these winners will receive a \$1200 Scholarship that may be renewed for three years.

Emily plans on attending Washington State University and majoring in English and/or History. Her plans include becoming a junior high or high school English and history teacher. She has been involved in the International Baccalaureate Program and has participated in Track and Field, Key Club, Spanish Club, National Honor Society and Yearbook Staff. She has participated in Key Club Service Projects and has been a member of her church's leadership team. Emily's teachers describe her as dedicated, committed, creative, loves a challenge and enjoys meeting new people and establishing quality friendships.

Stephanie is planning to attend Western Washington University and majoring in elementary education with a minor in special education. She plans on becoming an elementary school teacher. She has been involved in ASB (secretary), string and symphonic orchestra, National Honor Society, Hi-Q Team and Link Crew. Stephanie has volunteered at the Puget Sound Blood Center and spent many hours

working with children in a first grade classroom. Teachers describe her as personable, responsible, someone that has always demonstrated sensitivity to the feelings of others and is encouraging to individuals.

Darlene will be attending Seattle University and majoring in English. Her plans are to teach at the high school level. She has been involved in Key Club (secretary), Student Council, Link Crew, tennis team, National Honor Society and DECA. Darlene is very active in her church community (teaching, youth group and music group) and has volunteered as a teacher's assistant in an elementary school. Her teachers report that she is extremely bright, organized, diligent, attentive, polite, confident and mature.

Megan is planning to attend the University of Washington and major in English or psychology. She would like to teach at elementary school (second or third grade) or at high school. Her involvement at high school includes girls' soccer (4 years), Link Crew, National Honor Society and DECA. Megan's community service includes being a camp counselor (three summers) for physically disabled children, tutoring high school students, animal rescue work and Special Olympics. Her teachers describe her as having passion for learning, commitment and an incredible demonstrated work ethic.

April Scholarship Luncheon

Amid festive table decorations and a wonderful array of salads, breads, cookies and great friends we raised \$335 for the Scholarship Fund. Everyone had a great time. Extremely deserved kudos go to Betty Odle and Cheryl Bickford, who organize, recruit, decorate and work tirelessly twice every year to support this worthy cause and for our enjoyment. Entertaining us were Christine Morse, Project Coordinator, and Linda Ottmar, one of our own and volunteer for the Volunteer Guardian Ad Litem (VGAL/CASA) organization. Also performing several familiar tunes for us was "The Great Bucket Bunch" from Vineyard Park a retirement home in Bothell. They played instruments from around the kitchen. They were directed by Alice Higgins their social director.

SKSR BULLETIN BOARD

ATTENTION former

Kellogg Middle School employees:

Wouldn't it be great to get together with some of our old colleagues of the 60's and 70's? How about a casual potluck event? Tentative plans are to gather on Wednesday, July 23, at the Kayak Point park on Port Susan northwest of Marysville. There are so many great memories about those years at Kellogg with a special group of people and it would be great to reconnect and reminisce for an afternoon. Plans are still in the works, but pass the word all you Kellogg retirees! Jack LeGore and Tom Davis are the coordinators. Jack can be contacted at jlegore@aol.com

EDMONDS 2008 CITIZEN OF THE YEAR!

Dale Terwedo, a contributor to Sno King School Retirees, has been honored to be named the Edmonds 2008 Citizen Of The Year! Dale is a volunteer pilot for Angel Flight West which provides aerial transportation to those who cannot afford transportation for medical needs. Angel Flights also deliver essential blood supplies and organs for transplant surgeries. Mr. Terwedo flew seventeen mercy missions last year for Angel Flight and serves as Wing Leader. For these services, Dale pays for all the costs involved in his flights. Dale heads Terwedo Financial Associates in Edmonds. He also works with Children's Hospital Legacy Advisory Board, the Fred Hutchinson Cancer Research Center, and the Pediatric Brain Tumor Foundation. During the Christmas season he collects toys and delivers for the Marines Toys for Tots Drive. Way to go, Dale!

**YOUR HANDY-DANDY MAN
AND AUTO BODY REPAIR**
is just a phone call away.

*I have several Edmonds district
employees as references.*

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

Acceptance of this paid advertisement does not imply SKSR endorsement.

Welcome New Members:

Pg 25 Dimmitt, Sharron E, 10308 NE
186th St NE, Bothell 98011-3871

Pg 52 Norris, Ellen, PO Box 263,
Edmonds 98020-0263

Pg 53 Ostrander, Carolyn L, 6605-225th Pl
SW, Mt Lk Terrace 98043-2327

Pg 61 Sanders, Sandra L, 10629-237th Pl SW,
Edmonds 98020-5256

Membership Incentives To Continue

This past year Barbara Landrock (west) and Kathy Fletcher (east), State Membership Committee co-chairs, proposed and successfully implemented a membership drive incentive program.

As a result, our unit, and all other units, received \$10 for every new member we recruited and enrolled in WSSRA.

It was a huge success and state membership rose to 16,295, that is up 639 members over last year and a five year high!

The initial deadline for the incentive to expire was April 1, 2008. However, under strong recommendations from Kathy and Barbara, the incentive program now has been extended until June 30 2009!!!

So continue to recruit your colleagues, active and retired, to join us in our very worthwhile work! Many thanks to Bob Nordeen, our Membership Chair, who works tirelessly to bring lots of new members to Sno King and in turn the incentive bonus! Thanks to all of you who have recruited even one new member—it really counts!

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

Acceptance of this paid advertisement does not imply SKSR endorsement.



Sno-King School Retirees
P. O. Box 33962
Seattle WA 98133-0962

**PRESORT
STANDARD
U.S. POSTAGE
PAID
Permit #6835
Seattle, WA**

ADDRESS SERVICE REQUESTED

HELP US WITH INFORMATION TO PUT IN THE *BULLETIN*

The deadline for the next newsletter is 8:00 AM, **Saturday, June 21.**

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, June 30, call **Betty Odle** 206-525-8276, **Ellie Bonnano** 425-778-0751 or **Joan Hettrich** 425-778-9572

Address Changes:

Pg 28 Fathers, Elve C, Change apt # to Ste.1,
Seattle 98103-5499

Pg 30 Garrison, Earl & Betty, 21500-72nd Ave W
Apt 116, Edmonds 98026-7710

Pg 40 Kinch, Marian E, 6720 E Green Lake
Way N, Seattle 98103-5499, 206-517-2003

Pg 59 Robinson, David C, 20236 NE 18th Pl,
Sammamish, WA 98074-4532

Pg 63 Siegfried, Kenneth H, 425-8th Ave W,
Kirkland 98033-5318

Pg 63 Simmons, Jeanie C, 7602 Ray
Nash Dr NW, Gig Harbor 98335-6274

Pg 66 Swanson, Emma J, 5001 Par Dr,
Freeland, WA 98249-9769

Deceased:

Pg 29 Fosmark, Clarence 3/24/08