

Sno-King School Retirees



September 2008

www.sksr.org

Erma Snook, President
Cheryl Bauer, Secretary
Donna Murrish, Treasurer/Mailing
Rita Requa, WSSRA President Elect/ Grants
Betty Odle, Historian/ Luncheons/ Picnic
Jim Siscel, Program/Benefit Fair
Rachel Lake, Legislative/PAC Treas.
Ellie Bonanno, WSSRALegislative/ Schl.Fin.
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Cheryl Bickford, Community Service/Luncheons
Bob Jones, Retirement Planning/ Web Page/Outreach
Alice Bingaman, Retirement Planning/ Scholarship
Gordon Bowers, Warren Rowe, Health
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Marlene Johnson, Marilyn Alaniz, Hospitality
Ron Robinson, Bruce Caldwell, Directory
Dick Stucky, Don Denton, Scholarship Finance
Evelyn Nordeen, Sunshine
Barbara Berg, Scrapbook
Dave Johnson, *Bulletin* Editor

The SKSR Bulletin

A Message From Our President



Welcome to our 2008-09 year. Your Executive Board met on August 6th to plan an interesting variety of events for the coming year. Programs upcoming include a Fall Kick Off Luncheon on Sept. 24 (see article), November Scholarship Luncheon will host a Goodwill Fashion Show spanning several decades. In February, we will have a Speaker Bureau

representative from the 2010 Olympics give us an update on their readiness for 2010. For you active classroom teachers, we again are offering 20 classroom grants and it's time to apply (see article). Our \$200 grants have been eagerly sought after, apply now! It's so easy! On a rotational basis, and this year it's Sno-King's turn, the four units comprising Northwest One Region (Sno-King, Sno-Isle, Skagit/San Juan, and Whatcom) take turns chairing the NW-1 regional meetings. I will be chair this year and Donna Murrish will serve as Secretary. Dick Anderson from Whatcom Unit will be our representative to the WSSRA Executive Board. Our Sno-King Unit 23 is well represented at the state level. Rita Requa is WSSRA President Elect, Bob Jones serves on the State Outreach Committee, Ellie Bonanno serves on the State Legislative Committee and Rachel Lake is our PAC Treasurer. We are very fortunate to have such able and willing people to represent us at the state level. The first meeting of NW-1 region is October 6th. They count people in attendance for each unit and since Bob Jones will be conducting an Outreach survey, it would be an excellent time for you to attend and give Sno-King your support. We carpool to Mount Vernon and it's a very nice day. Join us, will you? I hope we can concentrate, this year, on encouraging our members to attend our events and become involved. I'm encouraging each committee chair to enlist the help of a non-board member to carry out his/her work. Rachel Lake and Bob Nordeen have already recruited their assistants. If you're able to help give me a call, 425-776-2067.

I look forward to seeing you at the Fall Kick-Off Luncheon!

YOU'LL FIND INSIDE

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www.sksr.org

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

- September 11
- October 9
- November 13
- January 8
- February 12
- March 12
- April 9
- May 14
- July 9



For all your real estate needs call
Marilyn Irwin
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 425-672-1118—206-300-4438

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NEW DIRECTORY THIS YEAR

Now is the time to make sure your name, address, phone number, email address, etc. is up to date and accurate in the directory. If not, contact Donna Murrish, P.O Box 33962, Seattle, WA 98133-0962, or email her at: donnamurrish@comcast.net. We will be distributing them later this fall. We are looking for advertisers in our directory, too. We offer full directory page or half page ads. Gathering our advertising is Ron Robinson. Contact him if you have advertising prospects at 425-778-4247 or email at mgc@cmc.net.

A REMINDER TO SNOW-BIRDS

It's getting close to the time when you'll be heading south for the winter. Please remember to let Sno-King and the state office know when you're leaving and when you'll return. My email is donnamurrish@comcast.net. Karen Keller's email at the State office is karen@wssra.org. Thanks, and enjoy the winter months! Donna

ENTERTAINMENT BOOKS ARRIVE

The 2009 Entertainment Books have arrived and are waiting for you to pick up! The books are once again at the great price of \$20. This was such a popular price last year that sales were fantastic! Hopefully we can do as well again this year. Remember, the proceeds we get from each book go toward scholarships for students and for grants to teachers for special classroom needs and projects. There are 16 boxes of books in my hallway waiting to be emptied!email me at donnamurrish@comcast.net or call 206-363-5753. Donna

MARK YOUR DATEBOOK

2008

FALL LUNCHEON MEETING
 Wednesday September 24

- September 10-11 Edmonds Benefits Fair
- September 24 Fall Luncheon Meeting
- November 20 Scholarship Luncheon

2009

- February 19 General Meeting
- April 16 Scholarship Luncheon
- May 21 General Meeting/Sno-Isle
- June 8-10 WSSRA Convention
- July 16 picnic

COME TO THE SNO-KING FALL LUNCHEON

Why not kick off the 2008-09 Sno-King year with a Fall Luncheon? We need to have a "Fun, Sit-Down Fall Luncheon" that will renew friendships and let us just visit with each other. At a no-host luncheon we can find out what's been happening to each other, where we have traveled and just how all our old friends are doing. Learn what Sno-King has planned for this year.

We will meet at The Old Spaghetti Factory Restaurant, 2509 S. W. 196th St., Lynnwood, WA 98036 at noon on Wednesday, September 24th. If you need directions, we will send them to you or you can call the restaurant at 425-672-7006.

Our Entree choices (cost, including tax and gratuity) are: Spaghetti with meat sauce \$12.79, Lasagna \$14.78, Chicken Fettuccine \$14.46, bread included. Salad dressing choices are: Creamy Pesto (Ranch) or Balsamic Viniagrette. Dessert Options: Vanilla or Spumoni ice cream. Coffee, tea, iced tea and milk are included. All other drink choices will be billed to you on a pay-as-you-go basis.

Reservations must be made by September 18th. You can make your reservation by contacting Rachel Lake (206)- 362-5611, RachelmLake@comcast.net or cut out and send the slip below to Rachel Lake, 5003 NE 194th Place, Lake Forest Park, WA 98155.

Checks can be made out to "Sno-King School Retirees Association" for the amount of your choice, and give them to Donna Murrish or Rachel Lake"

Yes, I want to attend the Fall Sno-King Luncheon Sept. 24, 2008

Your name _____

Your Address _____

Phone Number _____ E-Mail _____

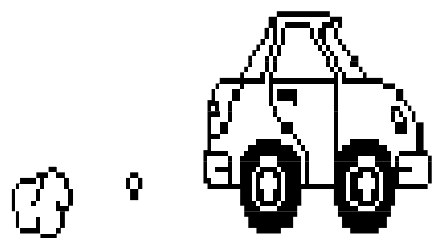
Guest (s) Name (s) _____

Choice of entree: _____ Amt. _____

Choice of entree: _____ Amt. _____

AARP Driver Safety Program (55 Alive)

AARP's Driver Satefy 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 2008 dates

September 8-9	October 7-8
November 5-6	December 4-5

HEALTH TIPS

September 2008 by Gordon Bowers

What Do You Know About Genes? Probably a lot, but amazing progress has been made in genetic science, moving so swiftly that people even age 60 and beyond will see medical advances that will change their lives. “What has happened in this short period of time is dizzying to contemplate,” said Dr. Francis Collins, Director of the International Institute of Health/ Human Genome Project. The 500 scientists in the research study produced a mass of information on the 21,500 genes in each human and how these interact with disease.

This study produced what is called the “*DNA Instruction Manual*”, which enables researchers to compare groups of people who have certain medical conditions with those that don’t, and can research for drugs and treatment to deal with the disease.

This research is giving doctors encouragement to “personalize medicine”, testing patients to decide which medications will work most effectively with the patient’s genetic makeup. For more information, please read AARP’s excellent article “Decoding Disease” by Barbara Basler, *AARP Bulletin* June ’08, p. 10-13 or go to www.geome.com. This medical stride may effect all of us years ahead!¹

Growing Better Bones 250,000 Americans get total hip replacements each year with a success rate of more than 90 percent, cost about \$45,000, recovery takes from a few weeks to a year. Hip replacement materials were mostly metal or plastic until 2003, when one company marketed a highly durable ceramic product that works well but may make annoying squeaking noises. The Food and Drug Administration issued a warning to the company to improve on the noise problem. The company spokesman, Aaron Kwitten says, “Published research shows squeaking is rare compared with other total hip related risks like infection, dislocation or leaving patients with uneven leg length”.

For all of us, half of all women and one in eight men will be affected by osteoporosis, fourteen million Americans. Hip fractures and back problems can cause permanent disabilities. Those are all good reasons to work on developing and maintaining healthy bones at every age, according to Dr. Julie Carkin, Medical Director of Osteoporosis Services at Northwest Hospital, Seattle.

Risk factors in developing osteoporosis include, diet low in calcium, drink or smoke excessively, family history of fractures or osteoporosis. Also, a small or thin build, Asian or Caucasian adds to the risk. Dr. Carkin points out that the medications for bone treatment are effective, but prime factors are calcium and vitamin D supplements; doctors can provide two kinds of medication, one slows down loss, the other helps build bone mass. Dr. Carkin advises that building bones should start as early as teen years and you need vitamin D to help absorb calcium.²

The Mayo Clinic Staff adds an interesting comment to all of the above, “Being overweight reduces the risk of osteoporosis”. The reasons are that fat tissue produces estrogen, the added weight causes bones to grow stronger, and the overall risk from being overweight is not a significant factor for osteoporosis.³

The Best Hospitals We can all feel fortunate that some of the best hospitals in the USA are in Seattle. *US News and World Report* uses doctors’ evaluations, statistics and visits by trained staff each year to rate the best in 16 medical specialties: including cancer, heart, orthopedics, geriatrics, urology, etc. The University of Washington Medical Center was rated as one of the top in cancer care, ear nose & throat, endocrinology, gastrointestinal disorders, (as was Virginia Mason); geriatric care, gynecology, kidney disease, urology rehabilitation, rheumatology, neurology, respiratory and orthopedics, (along with Harborview).

To have the honor roll with Vanderbilt, Mayo, John Hopkins and other super world-class institutions give the UW Medical Services and our other local hospitals a gift to all of us.⁴

New Hope on Prostate Tumors If you missed this article, it was very important, but buried on page A13. This new drug shrank prostate tumors and gave a boost in the life survival rate doubling life expectancy, according to

Continued from p 4

the *British Journal of Clinical Oncology*. The drug, "abiraterone" is being tested further in a larger group (250) and appears to have similar results. Experts seem to agree with Dr. Joward Sandler, spokesman for the American Society of Clinical Oncology when he said, "There is a general sense in the prostate community that this agent is extremely promising and very likely to have an important role in the management of prostate cancer patients".

The drug should be available by 2011, and could give hope to about 28,000 men who are diagnosed each year with the most aggressive prostate cancer.⁵

Chuckles If your offspring says, "You gave me bad genes", the answer can now be "Well maybe a couple, but what are you doing with the other 21,500 good genes we gave you?"

The police officer was writing the speeding ticket and the business man said, "I have been driving this route for years and never got a speeding ticket." "You're right; we should have caught you sooner," was the officer's advice.

¹"Decoding Disease" by Barbara Basler, *AARP Bulletin* June '08, p. 10-13

²Northwest Hospital Staff, *MedInfo*, June 08, p. 7

³*Mayo Clinic Health Letter*, July 08, p. 7

⁴*US News and World Report*, July 08 p. 74-96.

⁵Thomas H. Maugh II, *L.A. Times; Seattle Times*, 7/25/08, p. A13

TELEPHONE TREE

Last year we organized a telephone/email tree to alert people when an important issue was coming up for vote in the legislature. These people would then contact their legislators and express their opinion. We only activated it two times, but felt it was very effective. We want to continue it this year. If you were included last year, we will assume that you will continue and if you want to join this year just let one of us know. Legislative issues affect all of us with our pensions and health care. All of us should continue to watch the outcome of the primaries and keep in contact with those that survived and will run for election in November. We also want to keep track of those that supported our issues and make them aware of the issues this year. Ellie Bonanno and Alice Bingaman

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SKSR BULLETIN BOARD

DISTRICT BENEFIT FAIRS

Each year we meet the active educators at the Benefit Fairs in Shoreline and Edmonds School Districts. We are invited to attend and we enjoy offering membership to any and all. This year the Benefit Fair in Shoreline was Aug 28th. The Edmonds Benefit Fair is September 10 and 11. We enjoy sharing the benefits to becoming a member of Sno-King School Retirees. Thanks to those who manned those Fairs for us and recruited new members! We are about 1200 strong!

SNO-KING GRANTS

Since 1998, Sno-King School Retirees have awarded 95 teachers grants of up to \$200 for a total of \$18,134. Inventive teachers have used these funds for a myriad of activities from field trips, art materials, books, computer programs, PE equipment, calculators, food, chess timer clocks, lumber, tee shirts, games, musical instruments. The easy application process is open to SKSR members.

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 applications to: rrequa@comcast.net

Application Deadline: **November 21.**

Grant winners will be notified before Thanksgiving.

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SAFEGUARDING YOUR ASSETS

Fraud prevention is more important today than ever. Seniors need to be aware of possible ways criminals might use it to get personal information for their use or to scam money from unsuspecting individuals. Here are some methods that are used:

PHISHING: A scam in which criminals try to get you to reveal personal or confidential information by sending you emails purporting to be from a reputable business and then using that information to steal your identity, opening accounts or making unauthorized credit card purchases.

CHARITABLE GIVING: We all like to give money to worthy causes. Some are scams in which criminals create bogus charities claiming to help others while pocketing most or all of the money for themselves.

GROUP FRAUD: These types of fraud exploit the trust of members of a group who have something in common. This is typically a pyramid type scheme where new money is used pay earlier investors.

INTERNET INVESTMENT FRAUD: Any type of fraud scheme that uses the internet to present fraudulent solicitations to prospective victims. These include "risk free" offers, offshore scams and pump and dump scams.

BOILER ROOM, COLD CALLS: This involves high-pressure sales techniques, such as "once in a lifetime offer", "only good until the end of the day" or "to have developed break through technology". With the wide variety of criminals and scams out there today, it is important to remain alert and well informed. These are just a few of the ideas that are currently being used to separate us from our money. **BE AWARE!!**

PAINTING PAIN?—I can help you

Since retirement almost four years ago and for 25 years before that, we have had the privilege of helping members with their painting needs. References are available from many of them. I would also be happy to help you with your needs. Help is also available to fix some of those small household repairs that need to be done. We serve the east side and north end of Lake Washington.

For information call

G.F. Moore Painting (Warren)
425-466-2729 or **425-485-4570**

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SKSR JULY PICNIC MEMORIES



*Top left: Grant recipients l to r Jo Boudon, Tanya King, Pres. Erma Snook, Cathi Wrolstad, Marilyn Dauer
Top right: WSSRA President Gene Forrester
Lower right: l to r Tanya King, student, Hailey, Cathi Wrolstad
Others: picnic activities*

ADVENTURES IN HAIKOU, CHINA

by Sylvia Haven

Shoreline District Retired Librarian

Last winter I found the perfect fit for my travel preference – or rather the perfect travel situation found me. From out of the blue a long time friend from high school phoned to ask me if I wanted to accompany her to China with the Global Volunteers program. First I needed to know who and what they are all about. It happens that this group has been arranging working vacations for over 20 years and has a philosophy that suits my taste completely. They are a long-standing NGO leader in Special Consultative Status with the United Nations and only work at the invitation and under the direction of those they are attempting to assist. Opportunities are there for many skills but I went to Haikou, China on the island of Hainan to teach conversational English for three weeks last December and January.

At the orientation we are advised that we are not there to impose our ways or try to spread our ideas – we are not to delve into politics or try to promote our religion. That point was emphatically stressed. In fact that point is the one that persuaded me to go. Instead their goal is to provide a service that is needed and requested.

My assignment was to provide loosely structured conversational English classes for nine people for three weeks. They were themselves English teachers but had never practiced speaking with a native speaker. They learned by listening and repeating from tapes. They represented elementary through high school levels and we met for three hours each weekday morning for three weeks. It's amazing how well you can get to know each person if the group is small and you get to talk about subjects of common interest for that amount of time. By the end of the sessions I felt a real connection with my group. On a few weekends we would meet on our

own for visits. Everyone was so eager to show us a good time.

The daily schedule went like this: Up at 7 for a great breakfast at our hotel and then to the campus of the teacher's college where we taught for three hours. Back to the hotel for lunch and then the afternoon was given either to observing English classes in the local public school or giving large group English classes ourselves. We usually went out to dinner as a group to a local restaurant. Altogether our group was about 14 people and we were the first Global Volunteer team to go to Haikou. Each day one member of our group wrote the previous day's journal. You can read a detailed account of our three week's adventure at this URL:<http://chinateamjournal.blogspot.com/> and type in "Team 156" in the search bar.

My class showered me with gifts when we left and said they would never forget me – but I know that I will never forget them. Each time I read of the huge numbers of the Chinese population I think that each single number represents a real knowable person with my own type of dreams and desires for a better world just like Cherry, Sam, Lang, Jim, Jenny, Dolly, Holly, Julie, and Sue who are now my friends.



Welcome New Members:

- Pg 13 Aukland, Charles L, 6415-193rd St SW, Lynnwood, WA 98036-5115
- Pg 14 Barnum, Eric, 8904 NE 198th St, Bothell, WA 98011
- Pg 28 Ferch, Carol A, 10977 Pt Vashon Dr SW, Vashon, WA 98070-3043
- Pg 44 Link, Janice, 5330-85th Pl SW, Mukilteo, WA 98275-3144
- Pg 60 Rudek, Jill A, 8301 Scott Rd NE, Moses Lake, WA 98837

Deceased:

In their memory a donation is made to the Scholarship Fund

- Pg14 Bakken, John O 6/23/08 (Edmonds Dist)
- Pg 25 Dawson, E. Fay 7/14/08 (Edmonds Dist)
- Pg 31 Gillespie, Eileen C 7/08 (Shoreline Dist)
- Pg 57 Ramstead, E. Maureen 8/08
- Berger, Neil J 6/27/08 (Taught both in Northshore & Shoreline dists)

IN MEMORIUM

John Orlando Bakken passed away June 23 2008 in Sun City Arizona. He ended his carrer as the Trade and Industry Progam Manager for the Edmonds School District. He will be missed by all who knew him.

THANK YOU to Bob and Elinore Bisnett for a donation to the Scholarship Fund in memory of Henry Thomson.

VOLUNTEER OPPORTUNITIES

ART WIZARDS, an afterschool fine arts program, is looking for retirees to teach the classes. It is one hour per week, materials and training are provided by the ART WIZARDS group. She mentioned Edmonds, Lake Washington, Snohomish areas, but is willing to spread to other areas, Call **Eileen Adler 206-526-7095** if you are interested.

continued on P9

We are a homeschooling family, homeschooling 2 of our 3 children, ages 8-12. They are each intelligent, respectful, fun kids. We are seeking a motivated, creative and cheerful retired teacher to teach home economics, needlecraft, drama, art, woodworking, science or another specialty to our children, as well as potentially a group of interested kids from our 220-family Christian home school support group. We live in a spacious home in South Everett and are willing to host bi-weekly classes here. We are thinking they would last about 2 hours, depending on the subject taught. Any interested parties, please call me at your convenience and I would be happy to talk with you. 425-379-6147
Sincerely, Pietra Gaebel Homeschooler and HOME Board Member

PRODUCING YOUR BULLETIN

You might be interested in the process of producing the *Bulletin*. It begins with members writing news reports and stories. Our editor, Dave Johnson, does a fantastic job of collecting and organizing the articles for the *Bulletin*. Then he sends it to Costco to have it printed. After the *Bulletin* is picked up from Costco and delivered to the Edmonds Administration building wonderful workers meet to fold and label all the *Bulletins*, plus have a good time socializing. Betty Odle brings the supplies and furnishes coffee. Donna Murrish takes the *Bulletin* to her house where she counts and checks them and then takes all 1200 copies to the post office for mailing. In two to three days it is in your mailbox. People who have helped with the folding and labeling this year are:

- | | | |
|-------------------------|-----------------|------------------|
| Karen & Dave McElliot | Joan Hertrich | Glenn Werner |
| Pauline & Chuck LeWarne | Cheryl Bauer | Bob Van Ness |
| Marcia & Gary Hirst | Warren Rowe | Justine Wood |
| Bill & Margie Borgert | Barbara Berg | Linda Fitzgerald |
| Evie & Bob Nordeen | Rita Requa | Rachel Lake |
| Janet Westerlund | Lynn Nothdurft | Kathi Webster |
| Carol & Ron Robinson | Donna Murrish | Betty Odle |
| Alice & Walt Bingeman | Kent Porter | Ruth Woodward |
| Georgia & Phil Elvrum | Earl Garrison | Bob Cheesman |
| Erma Snook | Fred Cochran | Virg Rayton |
| Marlene Johnson | Jay Lapp | Don Denton |
| Marian Fyall | Sharon Ricketts | |

A huge thanks to all of you. We'll call you again! If your name was not included, do let us know so we can keep an accurate record. Alice Bingeman & Ellie Bonanno



Sno-King School Retirees
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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 25.**

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

Address Changes:

Pg 14 Barker, Dara K, 4525-164th St SW Apt F302, Lynnwood, WA 98087-8612

Pg 14 Barta, Paula J, 4917 Evergreen Way #405, Everett, WA 98203-2828

Pg 17 Bloemeke, Linda, 30 Goliah Ln, Port Ludlow, WA 98365

Pg 17 Boudon, Johanna B, 11022-239th Pl SW, Woodway, WA 98020-5222, 206-629-4107

Pg 25 dePlace, John K, 1701-163rd St SE, Mill Creek, WA 98012-8061

Pg 28 Evans, Lee H, PO Box 17934, Seattle, WA 98127-1934

Pg 38 Johnson, C. Betty, 3025 NE 137th St #210, Seattle, WA 98125

Pg 40 Kernkamp, Margaret, 14614 N Farragut Ln, Mead, WA 99021-9287

Pg 48 McMurry, Cora M, 279 Shorewood Ct, Unit C, Fox Island, WA 98333-9774

Pg 62 Selvidge, George J - Change apt # to 261

Pg 66 Svendsen, Patricia C, c/o Kris McBride, 3726-219th Pl SE, Sammamish, WA 98075-9259

Pg 73 Youngren, Harold L, PO Box 331, Snohomish, WA 98291-0331