

Sno-King School Retirees



February 2009

www.sksr.org

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The SKSR Bulletin

A Message From Our President



The New Year, 2009, is well on it's way! It was ushered in with a loud weather "bang!" The results of which some of us are still feeling. Be safe! Our SKSR year ahead appears robust, and exciting programs are coming your way.

. Be sure to read about them within. Plan to attend our February 19th meeting at the Edmonds Service Center to hear from our three District Superintendents and watch a presentation on "Staying Sharp."

Our State Legislature is hard at work. In this time of recession and state shortfall our WSSRA legislative agenda in order to continue to reduce retirement age for Plan 2 and 3, to increase COLA for Plan 1 people and other agendas seem unlikely to have much success. The State contribution to our pension fund may be cancelled. Our prime goal may rather be to guard against erosion. Use your new legislative contact card. Keep it with your new directory. Write to encourage your legislators in these difficult decision-making times to guard our pension fund and be ready when the call comes to target special issues.

Valentine's Day is near! In keeping with the holiday, I leave you with a few sweet, but calorie free, thoughts!

Happy Valentine's Day! Erma Snook

Being deeply loved by someone gives you strength; loving someone deeply gives you courage.—Lao Tzu

Love is blind, friendship tries not to notice.—Anonymous

It takes a long time to grow an old friend. – John Leonard

A friend is one who knows us, but loves us anyway. Fr. Jerome Cummings

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

February 12
 March 12
 April 9
 May 14
 July 9

Our upcoming program events

On February 19th, 2009, we will meet at Edmonds Service Center Board Room A and B at 1 p.m. We will hear from our three district Superintendents, Edmonds, Northshore, and Shoreline with an update on district business, how economy is effecting them and the bright spots on the horizon. Also we will view a "Staying Sharp" video that was highly praised at our last state convention. Elsewhere in this Bulletin is valuable information on Identity Theft Protection. Bring your billfold to the February meeting and we will make copies of your essential ID for you to store safely in case of identity theft.

On April 16th at our Spring Scholarship Luncheon, we will provide a salad luncheon and be entertained by the Sound Singers of Edmonds under the direction of our own Bob Jones. Several of our own members sing with the Sound Singers and it will be a light, entertaining program.

On May 21st, we will meet jointly as we host the Sno Isle Unit 22 at the Sno Isle Technical Skills Center. Our lunch will be provided by Chef Becky's culinary students, a delicious experience. Our entertainment will be Tony Ventrella, of local TV and Sports fame. He is a wonderful, inspirational speaker! Put it on your calendar!

June 8-10, 2009 is the WSSRA Convention in Vancouver, Washington. We are entitled to send 26 delegates. Mark it on your calendar too! Plans are being made to make the Amtrak train a very viable mode of transportation for us to the convention. Sounds like fun.

In July, we wrap up our year with our annual picnic at Edmonds Park. We celebrate your year, hear from teacher grant recipients and welcome our newest members!

MARK YOUR DATEBOOK

February 19 "STAYING SHARP"

April 16 Scholarship Luncheon

May 21 General Meeting/Sno-Isle

June 8-10 WSSRA Convention

July 16 picnic



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RETIREMENT PLANNING

Edmonds School District
Service Center

6:00-8:00 all sessions except 3

Session 1

Wednesday February 25, 2009
Katie Sherwood, Retiree Panel
Who What When and Why

Session 2

Wednesday March 4, 2009
VEBA
State Medical Dental Plans

Session 3

Wednesday March 11, 2009
WA State Retirement Systems
Board Rooms
5-6:20 pm, TRS 1
6:30 – 7:00 pm Deferred Compensation (for all)
7:10 – 8:30 pm TRS 3/SERS 3
Rooms 101 & 102
5:00 – 6:20 pm PERS 1
7:10 – 8:30 pm TRS 2/SERS 2

Session 4

Wednesday
March 18, 2009
Long Term Care Insurance
Getting Your Financial Ducks in a Row

Session 5

Wednesday March 25, 2009
Social Security and Medicare

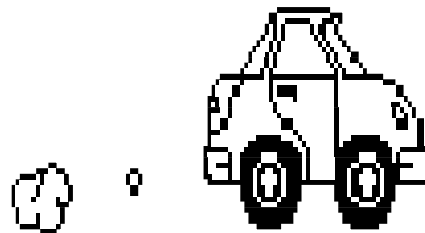


Seattle Mariners & Sno-King Retirees

Jim Sisel will be organizing a group of Sno-King School Retirees, families, and friends to go to a Mariners game on Friday, June 5th. The Mariners will be playing the Minnesota Twins. We will have our own seating section on the upper level of the first base side where we can show our support and cheer for the Mariners. These tickets usually cost \$20 per seat, as a group we will receive a special price of \$12 per ticket. You can invite your families and friend to join you at the game. Put this date on your calendar. All the information for ordering tickets will be sent to you in a future mailing.

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 09 dates

Feb 11 & 12

Mar 18 & 19

April 16 & 17

Sno-King Awards Grants

One of the missions of WSSRA and Sno-King School Retirees is to support our colleagues presently employed in the public schools. Members do this through volunteering, donating materials, goodies and our local Association does this through our Grants Program. Each fall the notice is put in our first bulletin of the year asking for grant applications. Money is appropriated for that expense in the SKSR annual budget. Grants are awarded in November and presentations made at each school in a faculty meeting where the presenter not only gives the check to the applicant, but gives a short membership pitch. It is always a joy to see what creative teachers can do with \$200.

This year in December Erma Snook, Bob and Evie Noreen, Virg Rayton, Cheryl Bauer, Ellie Bonano, Lois Grasmick, Barbara Berg and Rita Requa presented the grants to the 20 successful applicants in three school districts.

Edmonds

Marilyn Dauer, College Place Middle School,
Hacky Sacks

Guinevere Joyce, Meadowdale Middle School, PE
equipment for Health and Fitness Program

Barbara Vadset, Mount Lake Terrace High School,
EEL texts at beginning level

Gail Summerfield, Lynnwood High School,
Glass and cutting tools

Gloria Hubacker, Meadowdale High School,
Inkjet printer for CLIP (alternative) program

Kris Galante, Lynndale Elementary,
Literature that supports math concepts

Stavey Sateren, Lynndale Elementary,
Field Trip to Woodland Park Zoo

Lorna Dunsdon, Lyndale Elementary,
Supplies for Earth Day '09 activities

Karen Hughes, Spruce Elementary,
Beach Ranger and field trip to beach

Cathi Wrolstad, Beverly Elementary,
Materials for "Fractured Fairytales" play production

Sheryle Bird, Martha Lake Elementary,
Classroom library books

Shoreline

Sharon Turpin, Parkwood Elementary,
Set of 25 '09 World Almanac for Kids

Pat Cornwell, Echo Lake Elementary,
Book sets for advanced readers
Maureen Cline, Echo Lake Elementary, Accelerated Reader books and tests for ELL students
Shanahan, Sandy Sanders, Brookside Elementary,
Big Books
Julie Moe, Brookside Elementary,
Photo paper and ink cartridges
Jo Boudon, Ridgecrest Elementary,
Science experiment books

Northshore

Susan Jackson, Arrowhead Elementary,
Rental of Lewis and Clark traveling trunks from
Fort Clatsop

Renee Colleran, Woodmoor Elementary, PE
Equipment, 4 bowling balls (See photo using
rented equipment from last year)



Cosmic Bowling at Woodmoor Elementary

NRTA (National Retired Teachers Association) is AARP's Educator Community which represents the interests of those interested in education and lifelong learning. Whether you are a current or former educator or one who simply enjoys learning, you have a special place in AARP. NRTA members receive all AARP benefits plus benefits designed specifically for those who are learners for life: NRTA Live & Learn Online: a good online resource which has great articles and resources: LiveAndLearn.aarp.org

SKSR BULLETIN BOARD

A Pat on Our Collective Backs!

The November Scholarship Luncheon was very successful, well-attended and received. Behind Betty Odle's great organization and Virg Rayton's incredible assistance we were easily set up at the Edmonds Unitarian Church, looked very Fall festive and provided super accommodation for the great Goodwill Fashion Show. We served a fine bill-of-fare from all of your hot dishes, salads, rolls, and cookie donations. We had 61 people in attendance and with dining fees, memorials, raffle, and entertainment book sales, we deposited \$641 for the day. We also sent generous food contributions to the Mountlake Terrace Food Bank and Pass-the Hat donations to the Lynnwood Food Bank. Our event also made the cover of the WSSRA Journal. Thanks to you all!

Make A Difference

Again this year, Bothell High School is requesting volunteers to listen to and evaluate Senior Culminating Project Presentations. Volunteers are needed Friday March 20 at Bothell High School. Presentation times are from 7 a.m. (volunteers arrive)—2:00 p.m. Can you help? Contact Rebecca Porter, BHS Culminating Project Coordinator rporter@nsd.org or 425-408-7028. Respond by March 1st.

IN CASE WALLET IS STOLEN

1. Do not sign the back of your credit cards. Instead, put PHOTO ID REQUIRED.'
2. When you are writing checks to pay on your credit card accounts, DO NOT put the complete account number on the 'For' line. Instead, just put the last four numbers.
3. Put your work phone # on your checks instead of your home phone. If you have a PO Box use that instead of your home address
4. Place the contents of your wallet on a photocopy machine. Do both sides of each license, credit card, etc. You will know what you had in your wallet and all of the account numbers and phone numbers to call and cancel. Keep the photocopy in a safe place. I also carry a photocopy of my passport when I travel either here or abroad.
5. We have been told we should cancel our credit cards immediately. But the key is having the toll free numbers and your card numbers handy so you know whom to call. Keep those where you can find them.
6. File a police report immediately in the jurisdiction where your credit cards, etc., were stolen. This proves to credit providers you were diligent. But here's what is perhaps most important of all: (I never even thought to do this.)
7. Call the 3 national credit reporting organizations immediately to place a fraud alert on your name and also call the Social Security fraud line number. The alert

continued on P7 (wallet)

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Health Services

By Gordon Bowers

An Old Friend is Under Attack: Hospitals have always been our friends. We were born there with all our relatives, thanking the staff for super service. Families feel gratitude for the care given, and staff devotion to patient care and welfare that may save a life.

Something has changed. Blame super bugs of several varieties. Hospital pneumonia has moved over to make room for C.Diff. (short for *Clostridium difficile*) infecting thousands of patients. The bacteria contaminate bed rails, curtains, and every surface. When the patient touches these areas or picks up food without washing hands, they ingest the germ that causes severe diarrhea, inflammation of the colon, which could be fatal.

Routine cleaning does not kill this super bug – bleach will do. Researchers at the VA Medical Center found that after routine cleaning 78% of the surfaces were still contaminated. The best is to use is soap and water. Alcohol sanitizers will not kill the bug.

The next attack on hospitals by super bugs, totally unlike C. Diff, was called MRSA, (methicillin-resistant *Staphylococcus aureus*.) This bug was not new but had not been recognized as a life threatening infection. Much has been written about the disease, recognized by doctors to be only a threat to patients in weakened condition. Some doctors like Dr. Ranit Mishori had patients with what appeared to be spider bites, all ages with sores, red and swollen but were not caused by spider bites. The other shoe dropped when the USA Center For Disease Control (CDC) issued a press release

October 16, 2007 revealing that MRSA was killing more people than AIDS. Medical and health staffs were in shock. The CDC rules were to all staffs and visitors with infected MRSA patients as follows: “Wash hands or use alcohol gel before entering and after leaving the room; Put on gown prior to touching patients/equipment: Put on gloves prior to touching patient or equipment; Mask with eye protection required for all respiratory, oral and wound care.” These procedures had not been required prior to October 17, 2007. This was an embarrassment to all health and medical staffs.¹

Cheerful New Reports on Memory: Harvard Medical School wants you to know that memory loss may not be caused just by growing older. Aging doesn't cause any major loss of neurons in the brain areas that store and give back memory recall. Quite the opposite happens, new neurons may be added reversing that old belief that older people can't grow new brain cells.

This news means that some types of memory loss, though annoying, is not something to worry about. It does mean that we need to keep our brain cells active making new connections. The mind needs to be exercised just as we do for our muscles. Blood pressure needs to be kept low. High blood pressure damages the small brain blood vessels. One of the best protections against dementia is to keep your mind active through education, reading, social contacts and mental challenge.²

More on helping memory: Some of the best clues for minding your memory are from an NRTA

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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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special issue “Staying Sharp”, Good advice: pay attention, stay focused, repetition is extremely effective, write it down (a visual reminder), make association with your memories, stay organized, plan and priorities. Many thanks to Rita Requa for bringing special health NRTA publications from DC NRTA Library.³

Good Information on Strokes and Heart

Attacks: Death from these two declined 30% for heart and 29% for Strokes since 2000 according to the American Heart Association report December 15, 2008. The various preventative treatments, education of the adult population and aggressive use of cholesterol and blood pressure tests, quick treatment at hospitals, improvement in diets and less smoking all contributed to the reduction in the fatality data. The report was by lead author, Don Lloyd-Jones, Associate Professor of Preventative Medicine at Northwestern University Feinburg School of Medicine. The good news is tempered by some researchers noting the uptick in the cardiac disease deaths between ages 35 & 54 because of obesity, inactivity, and type 2 diabetes. Even with the decline in deaths, these two cardiovascular diseases are the number one killer in the US. “The solution is lifestyle, not more medicine,” said Dr. James Stein with the University of Wisconsin School of Medicine and Public Health.

The John Hopkins Medical Staff gives the best advice on how to prevent a stroke: Ask your doctor for a carotid stenosis test. He or she will use a stethoscope to listen for a “swooshing” sound in your neck arteries. If so, the doctor will order ultrasound on your neck arteries. If an artery blockage is suspected, an MRI or CT can pinpoint the area and the blockage can be removed by endarterectomy (angioplasty). The American Heart Association says that if blockage is 50% or less, antiplatelet drugs like aspirin or Plavix may be taken to keep clots from forming. Risk factors for carotid stenosis involve smoking, high blood pressure, high cholesterol, diabetes, and being age 70 and older.⁴

www.sksr.org

Everybody get in the Act: Please read “Healthy Heart” p 110-120 *Reader’s Digest*, It gives much information on medical terms and what they mean. Good for life. Also, two Seattle doctors wrote in the *Seattle Times* 1/6/09 that CDC rules on infectious diseases needs teeth: MRSA is just the tip of the iceberg.⁵

To Cheer the Day: Patient to doctor, “I’m worried about Alzheimer’s I’m getting very forgetful. What should I do?” the doctor replied, “Pay me in advance.”

¹ Berens, Michael J. & Armstrong, Ken Article in *Seattle Times* 11/17/08. Mishori, Ranit *Parade Magazine* p 10. McCaughey, Betsey AARP 11/08 p 36

² *Harvard Women’s Watch*. “Preserving and Boosting Your Memory” 12/08 p1

³ NRTA Booklet “Staying Sharp” 2006 p10-20

⁴ Fauber, John *Seattle Times* 12/16/08 P A3
John Hopkins Medical Letter 1/09 p 3-7

⁵ *Seattle Times* 1/5/09 p A9

continued from p5 (wallet)

means any company that checks your credit knows your information was stolen, and they have to contact you by phone to authorize new credit. Now, here are the numbers you always need to contact about your wallet, if it has been stolen:

- 1.) Equifax: 1-800-525-6285
- 2.) Experian (formerly TRW): 1-888-397-3742
- 3.) Trans Union : 1-800-680-7289
- 4.) Social Security Administration (fraud line): 1-800-269-0271

We Are Honored!

Governor Christine Gregoire proclaimed March 16-22, 2009 School Retirees Appreciation Week. Copies of the Governor’s Proclamation has been sent to all school district Superintendents. The proclamation includes a four point recognition of our mission: (1) we assist retirees in meeting the challenges of retirement (2) we support education and the status of the teaching profession (3) we promote involvement in educational and community activities and (4) we encourage retired educators to remain active in the education profession through volunteer activities.

SCHOLARSHIPS 2009

by Keith Lindaas & Linda Fitzgerald

We will again award renewable scholarships of \$1200 each to one high school senior from Edmonds, Northshore, and Shoreline School Districts. We will also award one at-large from one of the three districts for a total of four scholarships. Graduating seniors interested in pursuing education as a career may apply, with the selection being made on the basis of scholarship, career goals in education, school activities, community service and may or may not include consideration of financial need. Completed applications must be post marked by the deadline of March 20, 2009. Applications may be found in each high school's scholarship center and also online at www.sksr.org. Winners will be honored at our annual scholarship banquet on April 16, 2009.

This year we will look at the progress of the four winners from last year to determine if their scholarships will be renewed for another year.

Scholarship Finance Committee Update

As you may remember, Sno-King School Retirees received a substantial amount of money (at this time about \$65,000) from the estate of Winnie Smith. There will be even more money coming when the estate is settled. Winnie was a long time member of SKSR and a life long supporter of education.

A Finance Committee was appointed by the SKSR Executive Board to oversee the investing of this money. This committee consists of Dick Stucky, Don Denton, Bob Nordeen, Ellie Bonanno, Cheryl Bauer and Dave Johnson. During the late spring and early summer, they met several times with various financial planners to determine the best place for this money. The committee decided to go with Mark Anderson of Edward Jones located in Shoreline. Each year four scholarships are given in the spring in the amount of \$1200 to four seniors in the three districts represented by SKSR. This money

comes from the scholarship luncheons, sales of Entertainment Books, and other sources. The money in the Winnie Smith account will be used to provide the renewable piece for second, third and fourth year scholarships to these original recipients if they meet certain criteria. If you have further questions, please feel free to contact one of the committee members.

November Scholarship Luncheon



Fashion show pictures featuring vintage costumes from Goodwill Industries, presenting clothing from the years 1890 to 1960.

The Benefits of Massage Therapy

Massage therapy has many therapeutic benefits. It has been used in China and European countries for ages. Here in the US and in the state of Washington many insurance companies cover massage therapy if it is recommended by a primary doctor, certified acupuncturist or chiropractor.

The obvious direct effects of massage therapy can be found in stress relief and muscle relaxation. It is also found to lower blood pressure and increase circulation. It leaves you with a feeling of well being and connects you to your body. In this day and age of speed most of us live in our heads and slowing down can be a great benefit. Also in this computer age many of us spend lots of time sitting at the computer and this can cause neck and shoulder pain, upper and lower back pain. Massage therapy has been shown to be of great help in relieving pain and loosening up those 'knots' and tight muscles.

Car accidents can leave a person with more or less severe injuries such as whiplash, pain in the neck and shoulders, back pain or any other neuromuscular conditions that can be very debilitating. Deep massage therapy can help release scar tissue and hypertension caused by such trauma. Car insurance usually covers massage therapy benefits when referred by primary care physician.

There are many techniques and types of massage therapies. Some are gentle and soothing such as Swedish, craniosacral and Reiki. Those are recommended for people who are sensitive or fragile, elderly or ill. Others can be deeper and more stimulating such as deep tissue, reflexology and neuromuscular therapy just to mention a few. Most therapeutic session can be catered to the individual's needs. I have been in practice for twenty years. I love helping people stay healthy and get great satisfaction from my work. I work in downtown Edmonds and our office is easily accessible to all. If you would like more information about massage therapy feel free to call me at 425-263-7259. In Health, Denise Gardner LMP

Legislative News

Jan. 12, 2009 was the convening of the "long" 105 day legislative session. With our economic problems and the tight state budget, most new proposals with significant fiscal impact will be 'DEAD ON ARRIVAL.' We will need to be realistic this year in our approach. They need to be aware that we are still around and we must be watchful that none of our funding is taken away. We are an important group of voters, even though nothing is immune.

Rachel Lake is preparing a card that will have all our legislator's names, telephone numbers and email addresses. Watch for it to be sent to you around the first of February with the Bulletin.. DO KEEP it readily available so you can use it to contact your legislators. We know it makes a difference when they hear from their constituents.

MEMORIALS

Ronald Harrison Lee taught thirty-eight years in the Edmonds School District. When teaching at Edmonds High, Meadowdale High, and Lynnwood High, he referred to his students as "SCHOLARS" since that was his expectation of them. Mr. Lee often shared his exceptional singing voice. Interests included camping, fishing, hunting, photography and traveling. His smile and gentle ways will be greatly missed.

Merle Martin Blevins taught and coached for many years at Valley, Edmonds and Mountlake Terrace High Schools. Merle played basketball and football at Edmonds High and was an avid bowler. Mr. Blevins taught many classes from woods, to history to Girls' P. E. He created the carpentry program where students built homes in the community. Merle was fair and a motivator.

Denise Gardner LMP

Licensed Massage Practitioner
307 Bell Street, Suite 102
Edmonds, WA 98020

425-263-7259

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HELP US WITH INFORMATION TO PUT IN THE *BULLETIN*

The deadline for the next newsletter is 8:00 AM, **Friday, March 13.**

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

Welcome New Members:

Bird, Sheryle L, 7029-157th St SW, Edmonds, WA 98026
Hedges, Sara M, 3312-151st St SW, Lynnwood 98087
Johnson, Katherine W, 4027 Burke Ave N, Seattle, WA 98103
McGregor, Mary E, 7309-21st Ave NW, Seattle, WA 98117
Moore, James N, 6827 NE 204th St, Kenmore, WA 98028
Ottosen, James E, 8910 NE 195th St, Bothell, WA 98011
Pembroke, Janice E, 8606-242nd St SW, Edmonds WA 98026
Reese, Bert L, 17614 Larch Way, Lynnwood, WA 98037-8203
Sateren, Stacey J, 12712 Admiralty Way #C201, Everett, WA 98204

Deceased:

Edmonds Dist.

Blevins, Merle M 1/8/09
Garrison, Betty A 11/12/08
Lee, Ronald H Jan '09

Shoreline Dist.

Lamb, Mary D 10/23/08
Stevenson, Betty Jean