

Sno-King School Retirees



July 2009

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, WSSRA Legislative/ Schl.Fin.
Bob Nordeen, Virg Rayton, Membership
Cheryl Bickford, Community Service/Luncheons
Bob Jones, Retirement Planning/ Web Page/Outreach
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
Dick Stucky, Don Denton, Scholarship Finance
Evelyn Nordeen, Sunshine
Barbara Berg, Scrapbook
Dave Johnson, *Bulletin* Editor

The SKSR Bulletin

A Message From Our President



As I pen my final “President’s Message” I am filled with nostalgia. It has been a delight to work with this talented group of people, the Executive Board. They have guided my work, covered for my inexperience and have loyally served Sno-King 23 on behalf of its members. I have learned so many things these past two years and

any positive growth is due to the outstanding collective leadership and energies of this Executive Board. Sno-King 23 is truly fortunate to have your service. So, please accept my heartfelt thanks. And I want to extend special thanks to Officers Secretary, Cheryl Bauer, and Treasurer, Donna Murrish for being such efficient record keepers, confidants, and great counsel in times of stress. You are both terrific! Thanks for hanging in there with me!!!

I know you all will continue to extend the same level of loyal support and service to the new officers, Evelyn Nordeen, Donna Murrish and Cheryl Bauer in 2009-2010. And so, as the year winds down and we enjoy some rest and relaxation, I want to leave you with some thoughts for your summer. See you in the fall!

With sincere thanks for allowing me to serve as your president, Erma Snook.

“Deep summer is when laziness finds respectability.” - Sam Keen

“What do I want to take home from my summer vacation? Time. The wonderful luxury of being at rest The days when you shut down the mental machinery that keeps life on track and let life simply wander. The days when you stop planning, analyzing, thinking and just are. Summer is a period of grace.”
— Ellen Goodman

continued on P2 President

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www.sksr.org

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

July 9
 August 13
 September 10
 October 8
 November 12

2010
 January 14
 February 11
 March 11
 April 8
 May 13

President *continued from P1*

“Gardening imparts an organic perspective on the passage of time.” - William Cowper

“Summer is the time when one sheds one’s tensions with one’s clothes, and the right kind of day is jeweled balm for the battered spirit. A few of those days and you can become drunk with the belief that all’s right with the world.” - Ada Louise Huxtable

“ You have to love a nation that celebrates its independence every July 4th, not with a parade of guns, tanks, and soldiers who file by the White House in a show of strength and muscle, but with family picnics where kids throw Frisbees, the potato salad gets iffy, and the flies die from happiness. You may think you have overeaten, but it is patriotism.” - Erma Bombeck

MARK YOUR DATEBOOK

PICNIC
July 16
 Edmonds City Park

August 13 Annual Planning Meeting
 Foundation House 9:30 AM
 September 17 or 24 Fall Get Together



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Marilyn Irwin
 Windermere Real Estate/GH LLC
 425-672-1118—206-300-4438

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Annual July Picnic

Reserve July 16th on your calendar for our annual picnic at Edmonds City Park. We'll have a great lunch for \$5.00, live music (our own, Bob Jones on Keyboard) and we plan to hear about some of our Teacher Grant projects from this past year. We'll eat at noon and we hope to have a huge crowd! Think sun!!

Be sure to RSVP to Betty Odle at 206-525-8276 or email her at: bettyholmodle@msn.com. This is the event where the general membership especially wants to welcome all our active, still-working-in-education members along with our newly retired members and those who want to become members! Bring an interested friend! So dust off and don your SKSR T-Shirt, if you have one, and come to join us!

We will have a short business meeting to present and elect our SKSR Officers for 2009-2010 and to ratify our Bylaw changes



Evelyn Nordeen



Cheryl Bauer

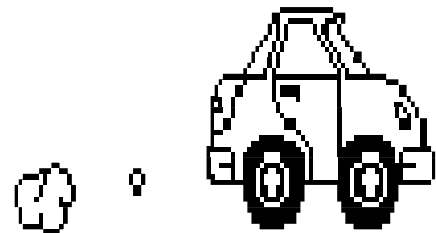


Donna Murrish.

At the July picnic we will elect a new Board Of Officers for the 2009-2010 Sno King year. The candidates are: Contact Chairperson, Evelyn Nordeen, Secretary, Cheryl Bauer, and Treasurer, Donna Murrish. Monthly meetings will be chaired on a rotational basis coordinated through the Contact Chairperson. Please come to the July Picnic to vote and support your Board!

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 \$12 (AARP members, \$14 non-members) 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 1:30 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 & Winter 09 dates

Sept 17 -18

Oct 15-16

Nov. 19-20

Dec 17-18

Health Services by Gordon Bowers

Learning: Health Care From the Old World

US health care experts have studied European systems for how to provide universal coverage without sacrificing patient care. Europeans spend about \$4,000 less annually, and may get better care. Lessons from Denmark show doctors and nurses carry hand held computers with which they get the medical record of each patient. They have had a computerized data base system since 2000, and all hospital and pharmacy staffs have access to call up records of each patient, saving physicians an average of 50 minutes on record keeping. Their system has been rated as the best in the world by the Commonwealth Fund, a non-profit health reform organization.

In Germany, some of the best improvements in health care costs have been changes made in the care of patients with chronic illness. Steps can be taken to keep stable patients out of hospitals. Germany's experience shows that simple steps as educating the patients about caring for self and having nurses calling to make sure they are taking their medications. Germany's Disease Management began in 2002 and covers three million chronic patients. Such has the American College of Physicians to call for the US government to set up "Patient Centered Medical Homes" to help those with chronic illness to care for themselves. About 75% of US hospital costs (Two Trillion \$\$\$ annually) are by chronic patients.

Britain and Wales have a National Institute for Health and Clinical Excellence (NICE) that determines which treatments will be paid for- if not cost effective, even lifesaving, NICE won't approve it. Opponents say it is unethical to decide treatment based on cost, but Michael Rawlings, Chairman of NICE says that the US could cause major pharmaceutical companies to change the culture of their systems by spending less on advertising than on research and development. Even the New England Journal of Medicine predicted in an article (2008) that adapting the cost effective features of the British plan, The US Health Insurance Plan would save \$368 billion over ten years.

The World Health Organization uses life expectancy and infant mortality to rank health care systems; France topped the list of good places to stay healthy, but also a good place to be sick. Their state run health

program pays 65% of most medical bills, the patient pays 35%. Those who can afford get private insurance instead of the state run program. The result is a dual system in which the wealthiest can spend as they wish, but the middle class and the poor are still cared for.

This summary of "The Lessons from the Old World" is from articles in Time Magazine. Hopefully the USA health plans can gain some wisdom and avoid the brutal ones.¹

Update on Swine/Hini Flu and Super Bugs

The US Federal Government has given the go ahead to three companies to produce enough swine flu vaccine to treat 20 million people in key positions, healthcare, national security and emergency services (no teachers). The announcement by Health and Human Services Secretary, Kathleen Sebelius is to create an immediate production and testing of vaccines against super bugs. This probably is the largest involvement in public health in US history. This is part of a one billion \$\$\$ investment for hundreds of millions of doses of new type vaccine. More later!!²

Sun, Vitamin and You

Most of the vitamin D comes from sun exposure ten to 30 minutes on face, arms, back and legs, twice a week, but adults age 50 or older need about 800 IU of vitamin D daily. Most multivitamin contain only 400 IU. Ask you doctor!!³

About Friends

We hope your friends live as long as you do!!

¹Eben Harrell, Copenhagen, Bruce Crumley, Paris, and Stephanie Kirchner, Berlin, *Time Magazine*, June 8 P44-45.

²"US Places Order for Swine Flu Shot", *Everett Herald* May/22, 2009 p B2

³Bruce A. Ferrell, MD Professor of Medicine and Geriatrics, UCLA Division of Geriatrics, "Healthy Years" January 2009 p 8

Denise Gardner LMP

Licensed Massage Practitioner

307 Bell Street, Suite 102 Edmonds, WA
98020 425-263-7259

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Bylaw Revision Vote

At the July picnic we will vote on the proposed Bylaw changes. The changes were presented at the April General Meeting and after publication in the May Bulletin they are ready for ratification. The changes involve quite and extensive revamp of the **Scholarship Fund Bylaws** to incorporate the Winnie Smith Memorial Fund branch. The **Sno King School Retirees Bylaws'** changes involve creating a Scholarship Fund Finance Committee and the resultant renumbering of Committees. See the proposed Bylaw changes on our web site at www.sksr.org and/or see them at the July picnic on July 16th at Edmonds City Park.

SKSR Finance Committee Meets

On Monday, June 15, 2009, the Finance Committee met to review the status of the money left to Sno-King by Winnie Smith. The Finance Committee consists of Dave Johnson, Bob Nordeen, Ellie Bonanno, Don Denton, Dick Stucky, and Cheryl Bauer. Donna Murrish and Erma Snook also attended the meeting.

In June of 2008, the Executive Board had mandated the committee report back yearly on what was happening with the money in the Renewable Scholarship Fund. The first money we received was \$65,000. (There will be another

sum of money given to the fund when the estate is finally settled.) This was invested with Mark Anderson of Edward Jones. It is in a liquid money market fund and has earned us about \$300. This year \$4,800 will be taken from the fund. Each of the four recipients who received original scholarships last year, have applied and been approved for renewal.

We feel very fortunate to be able to offer this assistance to students in this time of financial turmoil. Winnie would be pleased to see her money helping college students achieve their goals in the field of education.



Scholarship Finance Committee Donna Murrish, Cheryl Bauer, Ellie Bonanno, Dave Johnson, Bob Nordeen, Back row Dick Stucky, Don Denton

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WSSRA CONVENTION VANCOUVER, WASHINGTON



We arrived 17 strong, some by train, some by automobile, at the grand Hilton Vancouver on June 8th. The setting was lovely – across the street a lovely park with a beyond words bell tower, a fountain and an in-full-bloom rose garden. They were even filming a for a TV series nearby.

We picked up our registration packets, bought our WSSRA Foundation raffle tickets (for scholarships), visited the vendor booths, bid on silent auction and contributed to PAC and then got down to business. After legislative updates and candidates presentations, we spent the day, Tuesday, in full session. Most impressive were the scholarship winners, and the in memoriam presentation

remembering the 600 members we lost last year. Tuesday evening was the festive banquet (didn't we have good food? Our iron count must surely be up from spinach salads alone!) Installation of Rita Requa as our WSSRA President was the highlight event! Her speech on "Staying Connected" inspired us all to a long, robust standing ovation! We're going to have another great year ahead!

As a side note, Sno King 23 was particularly lucky during the various raffle drawing times. Several of us received baskets – some of us multiple baskets! We received themes baskets around such topics as BBQ, wine and chocolate, Huckleberry fare and grocery store gift cards. They were a delight!

After officer and committee training sessions on Wednesday and a great buffet lunch and a "Staying Sharp" brain update, we returned home sated and tired. Great fun! Plan to attend next year. The WSSRA Convention is in Yakima in 2010.



SKSR Meets Mariner Baseball

On June 5th, a balmy Friday evening, 133 of us took our kids and our grandkids to the Mariner game against the Minnesota Twins. We had great seats along the 1st baseline. Thanks to Jim Siscel's coordination we enjoyed a super game, a great view and a gorgeous sunset. We lost the game and Ichiro ended a long hitting streak, but our spirits were not dampened in all that great American pastime atmosphere! Thanks, Jim.

Sno King/Sno Isle Joint Meeting

In May, after overcoming our location issues (The Sno Isle Skills Technical Culinary School burned to the ground.), Sno King hosted Sno Isle members at our annual joint meeting. We gathered at Shawn O'Donnells American Grill and Irish Pub's banquet room. We had a delicious buffet featuring Kilbeggan Chicken and Irish Soda Bread. 62 of our members were in attendance to hear Tony Ventrella's talk about his Seven Keys to Life: Smile In the Mirror, Get Along, Let Go of Ego, Get Rid of Stuff, Be Younger Next Year, Express Daily Gratitude and Stand Guard at the Door of Thought. He was entertaining, amusing and inspiring!



KELLOGG/ SHOREWOOD PICNIC

This year's Potluck (bring 'whatever') picnic will be held at:

MUKILTEO STATE PARK (large shelter)
TUESDAY, JULY 28, 200 11 AM to 5 PM

No RSVP necessary.

Come by bike, Buick or Barge "Just Show UP!"

Any questions call or e-mail:

Jack LeGore

425-743-0237 or 425-308-9785

Jlegore@aol.com

Tom Davis

360-658-4386 or 360-840-3336

TomAndEli@hotmail.com

Pass this information along to anyone else who might be interested!

"THE MORE THE MERRIER!"

Attention Teacher Grant Winners For 2008-2009

We would love to hear about your project at our annual July picnic on July 16th at noon at Edmonds City Park.

If you are willing to share your project with us, please contact Erma Snook 425-776-2067 or email at: egsnook@comcast.net We hope you can attend!

VOLUNTEER OPPORTUNITY

YADA: Learning about disabilities through fun!

YADA- Youth Awareness Disability Assemblies- is a unique and very sought after program that is seeking some help to keep us going to more Seattle-area elementary schools. Perhaps you have heard about our program. A small group of adults with disabilities was motivated by the vision of Sue Dahlin, a former physical education teacher sidelined by MS, to develop the program. It has now met the needs of schools for nearly a decade. YADA, visits schools and guides the students through fun and informative activities. A follow-up question and answer session

then allows participants to meet adults with various disabling conditions and learn how they adapt to everyday life.

To date we've been invited to take our two day interactive program to 40 elementary schools in King County and we're booked for two more years. YADA is a completely volunteer-run endeavor, relying on a core group of six station leaders, most of who serve on the planning committee, and 12-15 other on-call volunteers. We've been gratified to receive glowing evaluations from principals, teachers, PTA members and, most importantly, the students. We love what we do, and are committed to continue. But as a group that primarily consists of individuals challenged by disabling conditions, we need more people to join us in our inspiring work. Recent media coverage has resulted in greater interest locally and beyond. We hope to meet this demand for this unique program which meets schools' current emphasis on anti-bullying and respect for diversity. You can help us in a number of ways:

- assist in the development of a "how- to" resource to guide others who are interested in sponsoring their own version of a YADA event
- join us as part of an advisory group of educators and disability advocates
- outreach efforts to area organizations to join us in spreading awareness of their agency's services and the disability of their focus
- help connect with additional volunteers for YADA school events
- as a volunteer at one of more of our 2009/10 YADA events

To learn more about YADA or options for involvement, contact YADA4Schools@msn.com And, to check out one school's adaptation of a YADA event, see <http://www.king5.com/video/news-index.html?nvid=331422>

Contributed by Anne Guthrie, Sibling Support Project and YADA Committee member

www.sksr.org

SKSR BULLETIN BOARD

August Planning Retreat

On August 13th, all Executive Board members will gather to prepare for the year 2009-2010 ahead. We will meet again at the Foundation House in Bothell. The Foundation House is located at 17502 – 102nd Ave. N. E., Bothell, WA 98011. They are such generous hosts. We will begin at 9:30 a.m.— come for coffee and goodies before we start and conclude our business by noon. Foundation House's chef will prepare lunch for us. We appreciate and thank SKSR member, Ivan Settles and resident at the Foundation House, for sponsoring us again this year. Board Members, please RSVP to Evie Nordeen 425-775-1127 or email

evie.nordeen@verizon.net. Bring your good ideas and your energy!

IN MEMORIAM

Pg 45 McLeod, Roderick May 2009 (Edmonds)
 Pg 55 Reese, Bert L June 14, 1009 (Edmonds)
 Pg 57 Saad, Lynne K April 2009 (Northshore)
 Barbara Spinney April 21, 2009 (Shoreline)
 John W Lawless April 19, 2009 (Northshore)

2010 Entertainment Books Coming Soon

Entertainment Books for 2010 arrive next month. Remember to get your orders in early. Sales campaign will run from August thru November. Books will again be \$20 each and sales benefit the Scholarship Fund. Our unit receives 20% for the first 90 books sold and 50% for any sold beyond 90. This is our biggest fund raiser for the scholarship fund so tell your friends, relatives and neighbors and let's make it a really good project!

THANK YOU

Dear Rita and Members of SKSR,

Thank you so much for the grant. My ELL students truly enjoyed the new AR books and successfully raised their reading levels. They are really motivated to read, especially new books! Most of the books I purchased were for beginning readers, so they were used with first through sixth graders just learning to read English. Your grant is very valuable, and I am so happy to have received it.

Most sincerely and with appreciation,

Maureen Cline, ELL Teacher

Echo Lake Elementary School



Echo Lake 1st grade



Echo Lake 2nd grade

LEGISLATIVE NEWS

by Rachel Lake and Ellie Bonanno

Richard Anderson wrote a great summary of the budget that was adopted by our legislature and how it affects us. With his permission I am copying his summary.

The Bad News is:

No pay raises for teachers. Salaries are frozen for the next two years.
Larger class sizes. Prior legislation regulating class size is suspended.
School districts will be forced to lay off personnel, cut courses
College enrollments are reduced by 9000 student
PEBB subsidies are frozen at the 2009 level for the next two years. The present PEBB subsidy is \$182.89. It was scheduled to increase to \$196.60 in 2010 and to \$211.35 in 2011.
Amorization of Plan 1 Unfunded Liability is changed to a rolling 10 year period.
18 boards and committees eliminated.

The Good News is:

Plan COLA remains in place.
Final Plan 1 Gain Sharing distribution is still in place.
PEBB subsidies were not cut.
PUC method of funding Plans 2/3 was not adopted. Adopting the PUC method of funding would have allowed Plans 2/3 to accumulate an unfunded liability similar to what Plan 1 has.
The Select Committee on Pension Policy was not eliminated.

The Legislative Goals for 2009-10 have been established.

Recovery of lost purchasing power for all TRS/PERS 1 retirees.
Full funding of Washington State's Plan 1 and Plans 2/3 pension systems.
Pension plan improvements for members of TRS/SERS/PERS 2/3.
Improved health insurance benefits and lower premiums for school retirees.
Improved livelihood for current and future school retirees.

When we were at convention, it was stressed that we contact our elected officials. We should know them, but it is also important that they know who we are and our goals. The party doesn't make any difference, but the important thing is that they know our needs. Do call us if you have any questions or a personal account of how this is affecting you.

This year there will not be a Social Security COLA but for those who qualify, there will be Plan 1 COLA and the Gain Sharing. Stay tuned for more information.

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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by ~~the family~~ as well as ~~Sno-King School Retirees~~ allowing me to pursue my goals. Thank you!"

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ADDRESS SERVICE REQUESTED

HELP US WITH INFORMATION TO PUT IN THE *BULLETIN*

The deadline for the next newsletter is 8:00 AM, **Friday, August 26.**

Send news and other materials to

Dave Johnson, 814 6th Ave. So. Edmonds, WA 98020, damajo3@comcast.net, or 425-776-7298.

Address, phone or e-mail changes should be sent to **Donna Murrish**, donnamurrish@comcast.net or
206-363-5753.

If you know of illness, please call Sunshine Chair, **Evelyn Nordeen** evie.nordeen@verizon.net or
425-775-1127

To help with mailing our next ***Bulletin*** on Monday, August 31, call
Alice Bingaman 425-778-1343 or **Betty Odle** 206-525-8276,

Address Changes:

- Pg 14 Blain, Kenneth A, 1951 E Tachevah Dr, Palm Springs, CA 92262-5363
- Pg 24 Drinkard, Janet M, 1521-2nd Ave, Apt 1901, Seattle 98101-4512
- Pg 27 Fortune, Dr William, 626 Main St, Apt 2, Edmonds 98020-3050
- Pg 41 Leuning, Eldon L, 211 Kirkland Ave, Apt 302, Kirkland, WA 98033-6579
- Pg 45 McLeod, Nelsie J, 14900-1st Ave NE, Apt 133, Shoreline, WA 98155-6809

Welcome New Members:

- Pg 14 Bemis, Andrea S, 3815-125th Pl SE, Everett 98208-5659
- Pg 28 Golubich, James P, 7333-47th Ave NE, Seattle 98115-6102