

SKSR Bulletin

A message from Our Co-President Erma Snook



May 2011



The Many Facets of SnoKing

As I looked over our membership numbers this month, and noted with delight that we have grown yet again, I thought about our membership at large. As is likely, sadly, with large groups, many choose not to become actively involved. But, we know most are actively keeping tabs on us through

our six annual newsletters. When I solicit for donations for our raffles, I take great pride in describing all the things SnoKing Unit 23 does each term. So here goes! I am soliciting **your** pride in the stewardship we exercise with your membership!

SnoKing School Retirees, Unit 23, was formed as a member of the Washington State School Retirees (WSSRA) in 1977. It represents school employees from Edmonds, Northshore and Shoreline school districts. We have a 26 member Executive Board including elected officers: President, Vice President, Secretary and Treasurer. We have 10 board meetings and six general memberships meetings per year.

We, as a non-profit, tax exempt organization, promote the economic, social and professional status of retired school employees; present the image of aging with dignity, independence and purpose; and encourage active school employees to prepare for retirement.

SnoKing has 1240 members. We are the second largest unit out of 31 units in the state. 24%, or 302 of our membership, is made up of school employees still actively working and who believe our work benefits them.

In the fall, our unit accepts applications for and awards educator grant requests for up to \$200 to our actively

See **President's Message** page 2

Rachel Lake, Erma Snook, Co-Presidents
 Roberta Hawkins, Vice President
 Cheryl Bauer, Secretary/Schl Fin
 Donna Murrish, Treasurer/Mailing/Schl Fin
 Rita Requa, Membership
 Betty Odle, Historian/Luncheons/Picnic
 Rachel Lake, WSSR-PAC Treas
 Ellie Bonanno, WSSRA Legislative/Schl Fin
 Bob Nordeen, Membership/Schl Fin
 Bob Jones, RetirPlan/Web Page/Outreach
 Alice Bingaman, Telephone/Schl/RetirPln
 Gordon Bowers, Health
 Keith Lindaas, Linda Fitzgerald, Scholarship
 Joan Hertrich, Telephone
 Marlene Johnson, Marilyn Alaniz, Hospitality
 Virg Rayton, Grants
 Evelyn Nordeen, Sunshine/ Past Coordinator
 Jim Siscel, Special Projects
 Marilyn Dauer, Membership
 Dick Stucky, Don Denton, Schl Fin
 Bruce Caldwell, Directory
 Barbara Berg, Scrapbook
 Dave Johnson, *Bulletin* Editor/Schl Fin

YOU'LL FIND INSIDE

President's Message.....1 & 2
 Calendar of Events.....2
 SnoKing/SnoIsle Luncheon.....3
 Scholarship Luncheon4
 Legislative News & Convention.....5
 Scholarship Winners.....6 &7
 B-Laws & Thank You.....8
 Health Services.....9 & 10
 Memorials.....10
 Travel Adventure.....11
 Member Information.....12

SKSR Board Meetings

1:00 PM

Edmonds SD ESC

20420 68th Ave W

Lynnwood

Everyone welcome!

www.sksr.org

May 12

July 14

August Planning Meeting ?



service is my specialty

Marilyn Irwin, Realtor

206-300-4438

Windermere Real Estate/GH LLC

Acceptance of this paid advertisement does not imply SKSR endorsement.

MARK YOUR DATEBOOK

May 20 Joint Meeting with SnoIsle

June 6-8 WSSRA Convention

July 21 Picnic

August Planning Meeting ?

President Message from page 1

employed members. This year we awarded 24 grants totaling \$4000 encompassing all three school districts.

Our legislative committee spent two strategic weekends, in Olympia with the WSSRA lobbyist and the relentless WSSRA Executive Director and other units around the state, lobbying our legislators on behalf of preserving our pensions, specifically: our Plan 1 COLA and PEBB (health care) Benefits. This year it was a grim task! This committee also conducted an aggressive phone tree lobbying campaign as well.

In March, we partner with the Edmonds School District to help host five free Retirement Planning Seminars for our members and Mukilteo. Over 140 attended this year!

Each spring we award four \$1200 scholarships to high school seniors who plan to major in the field of education and because of a generous bequest, we can renew the scholarships for up to three more years! This year we will award over \$15,000 in scholarships. We raise money, each year, for the four new scholarships by selling Entertainment Books, accepting donations made in memoriam, and money from two luncheons and raffles. We appreciate your support!

Our final event each term is the July 21st picnic at Edmonds Park. We celebrate new members, past year successes, socialize and install a new slate of officers. Plan to attend, won't you? There is likely to be someone there you know!

Whew! I hope I have properly profiled our work and have helped to confirm for you that we are a good value and good stewards of your membership. I also hope someone may be inspired to become an **active** participant in the near future. You could begin by attending our Joint SnoKing/SnoIsle Luncheon on May 20 (see article p 3) . Hope to see you there!

Thank you for your membership.

Annual Joint SnoKing/SnoIsle Luncheon

Sign up to attend our annual SnoKing/SnoIsle Luncheon. It s our time to make new friends or renew acquaintances with our neighbors to the north and have a great visit! It is on **Friday May 20th**. **Note** this is a departure from our usual Thursday meeting date!! We will dine at the SnoIsle Skills Technical Centerr in Mukilteo near the Boeing Plant. The new “Bistro” just opened this Fall following their devastating fire of two years ago. Director Chef Becky and her culinary students are such a delight!

We are to arrive at 11:15AM for a 11:30 seating as students need to serve us by noon. The cost is \$13 including tax and gratuity. Our entrée choices are Chicken Cordon Bleu (breaded chicken with ham and Swiss cheese slices) or Baked Cod Provencal (cod baked with tomatoes, capers, olives, etc). Your lunch includes salad (probably a caesar), entrée, dessert and beverage (coffee, tea or soft drink).

Our program for the day will be presented by Karen Holm, Betty Odle’s niece, an active educator from Oregon. She will share her treacherous trek to the Arctic Circle, (see article below)

RSVP to Erma Snook 425-776-2067 or egsnook@comcast.net. Please RSVP by **May 17th** and include your entrée preference. Look for the map to SnoIsle Technical Skills Center on page 4.

Please mail a check for your entrée choice to Donna Murrish, PO Box 33962, Seattle, WA 98133

SnoKing/SnoIsle Luncheon Three Rivers Traverse Expedition Karen Holm and Rob Walker

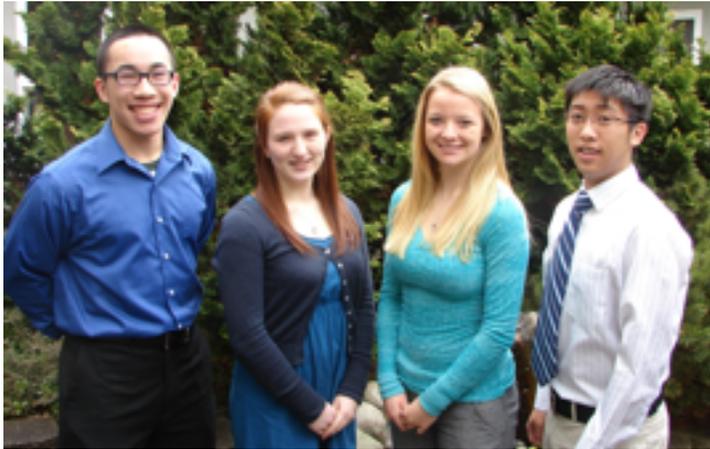
Traveling by foot, canoe, and packraft, from the historic gold rush settlement of Skagway, Alaska, to Kaktovik, an Inupiat whaling village on the Beaufort Sea, provided an extraordinary journey through the vast and unyielding Yukon and Alaskan Arctic. Our 3-month, 1,450-mile “Three Rivers Traverse Expedition” was the 4th leg in our quest to travel the Western Hemisphere by human power.

Our trip seemed simple: no crazy coastal storms; no harrowing, narrow, dirt roads; and merely a few months. It would be just an ultra-light backpacking trip, portaging a 40 pound collapsible canoe 33 miles over an early-season, snow-covered Chilkoot Pass, paddling 1000 miles down the Yukon River to where it peeks above the Arctic Circle, and a backpacking portage 300 miles up the Chandalar River, then over the Brooks Range, traversing the Okpilak glacier, and down the north-slope to the ice strewn waters of the Beaufort Sea. By its end, this remarkably challenging human-powered adventure required two summers for us to complete.

We embarked on this expedition in early June of 2007 with the intent to complete the route in one 3-month push. That first season we negotiated the Chilkoot Trail with 80+ pound packs then basked in the relative ease of gliding by pack-canoe down the Yukon before confronting the hardships of dragging our craft 200-miles up the Chandalar River. This remote river ascent, intended to be a several week backpack portage, grew to nearly a month of arduous lining our bright red boat along the boundary between the Arctic National Wildlife Refuge (ANWR) and the Gwich’in people’s native lands. Although our original plan was to continue over the Brooks Range and down the North Slope of ANWR, the difficult travel combined with hunger, fatigue and the constraints of time forced us to stop short in the Athabaskan community of Arctic Village.

Re-energized and ready for more we returned to Arctic Village in July 2010. We replaced the 40-pound canoe and its gear with one month’s worth of food and a 4-pound packraft. Shouldering 85-pound packs we followed the Chandalar River valley 90-miles north before turning east into the Romanzof Mountains and crossing the Continental Divide. The crossing delivered us into the heart of the Brooks Range where our mountaineering skills gave us access to the Okpilak Glacier basin—the largest in the range. The West Okpilak Glacier led to the emerald green Okpilak River which in turn guided us out of the mountains and 100-miles overland across an eerily vacant coastal plain. On arrival to the Arctic Ocean we launched our single tiny packraft and tandem paddled the icy waters of Arey Lagoon to Kaktovik—the Inupiat whaling village on Barter Island and our journey’s successful end.

April Scholarship Luncheon Views



Left to Right--Vincent Pham, Sorcha Connor-Boyle, Colleen Hill, Timothy Lee

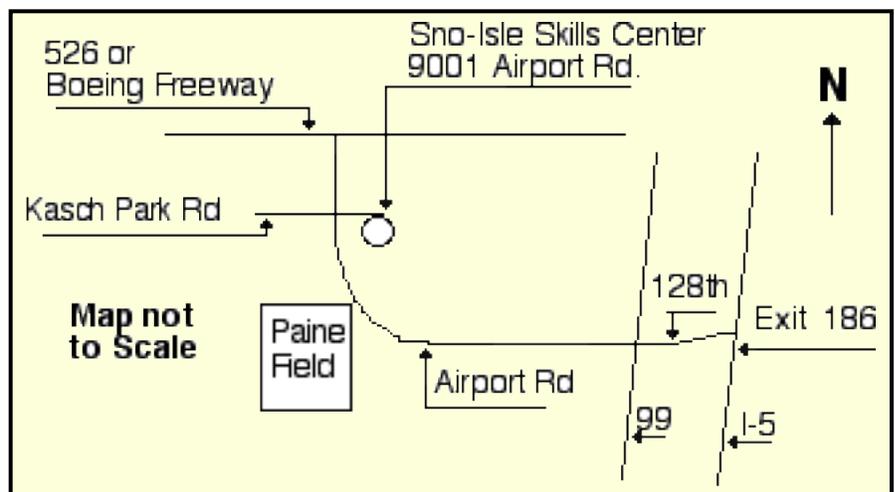


Matt Dahlberg entertained us during lunch



"Tune Drifters", Barb and Wayne

For rent: Scottsdale Condo
1 bdrm, furnished near Old Town
pool, jacuzzi, laundry
Jan.-Mar. \$850.00 month
425-788-3292 or 206-601-8733
*Acceptance of this paid advertisement does not
imply SKSR endorsement.*



Legislative News

Remember in December, when Governor Gregoire proposed her budget and it included eliminating the COLA for Plan1 PERS and TRS.

Now it is part of the House and Senate budget under House Bill 2021 and Senate Bill 5920. WSSRA has worked tirelessly on this issue to save the COLA's. Our Senators and Representatives have been bombarded with emails, calls and letters by us on the home front We are hoping they would not completely eliminate the COLA's. If it passes, the amount of money Plan 1 PERS and TRS receive now would remain the same, and no further COLA's would be added.

The one change that has been proposed is to raise the minimum pension from \$1000 to \$1500 a month. That means if you receive less than \$1500 a month, you would receive the COLA increase until it reaches \$1500.

The explicit subsidy for the health insurance will be decreased from \$182 to \$150.

It has been a brutal session with the huge deficit for all concerned, including those representing us in Olympia. At this writing, nothing has been set in stone, so we will keep on contacting our legislators and perhaps an agreement or modification could be attained. Check our website www.sksr.org or the state website www.wssra.org for updates.

E-MAIL DELIVERY

We are well on our way to saving trees and \$! Since first announcing our e-mail delivery campaign, over 200 of you signed up to receive your Newsletter via e-mail. We thank you so much!

Now for the rest of our 996 members, we know you may have intended to sign up if you have e-mail and haven't gotten around to it. Here's how easy it is: look over the "How I Want My E-mail Address Used" choices below and e-mail your information to Donna Murrish at donnamurrish@comcast.net and you are signed up! You will receive your Newsletter via e-mail containing an attachment ready for viewing and/or printing. There are TWO big advantages to receiving your Newsletter electronically. First, you will receive it about 10 days, or more, earlier than snail mail and secondly, it will be in bright color! Our Editor is dressing it up just for our e-mail customers!

Don't delay! Sign up today!

WSSRA Convention in Wenatchee

In June, fourteen representatives of SnoKing 23 will travel to Wenatchee for State Convention.

They will meet June 6-8. Our new officers will attend training sessions as well as many of our committee chairpersons. We will say goodbye to outgoing officers at the state level: President Louis Osmonovich and our own Past State President, Rita Requa. We are excited to be promoting our own candidate for president elect at convention. Dick Anderson, our Northwest - 1 Regional Representative for three years from Whatcom County, is running for president elect. We will contribute to his campaign by preparing campaign M&M candies!

Delegates from SnoKing 23, representing us, are: Co-Chairs Erma Snook, & Rachel Lake: Secretary, Cheryl Bauer: Treasurer, Donna Murrish: Alice Bingaman, Eleanor Bonanno, Bruce Caldwell, Jo Caldwell, Bob Nordeen, Evelyn Nordeen, Betty Odle, Virg Rayton, Rita Requa, and Bob VanNess.

During the Breakout Training sessions on Wednesday, there will be special sessions for delegates on FaceBook 101 and on Columbia River, 200th Anniversary, 1811-2011.

How I want my e-mail address used! In our attempt to conserve \$ & resources, make your choices below and e-mail information to

Donna Murrish : donnamurrish@comcast.net

Name	
e-mail address	

Check the appropriate boxes below to indicate your preferred use(s) of your e-mail address. Use my e-mail address:

<input type="checkbox"/>	1.	In the Membership Directory 2010-2012.
<input type="checkbox"/>	2.	To send me the <i>Bulletin</i> .
<input type="checkbox"/>	3.	To inform me about Pension Reform, Legislation, Senior Issues, Events, Grant Information for Active Members, and/or PEBB (Public Education Benefits Board) Health Insurance issues.

CONGRATULATIONS!! Our 2011 SKSR Scholarship Awards Winners:

Sorcha Connor-Boyle, Shorewood High School

Colleen Hill, Lynnwood High School

Timothy Lee, Shorecrest High School

Vincent Pham, Woodinville High School

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



Sorcha Connor-Boyle plans to attend Gonzaga University where she will study to become an elementary school teacher. At school she has been involved in numerous activities including band, choir, musical theatre productions, drama productions, a Link Leader, a peer educator for Shorewood HIV/AIDS, and a reporter, editor and editor-in-chief for the Kulus, the school newspaper. She has also given freely of her time as a volunteer in several elementary schools, tutored in math and science, and helped the Shorewood Booster Club with an auction. She has worked some in child care and as a coach at kids sports camps. While doing all of this outside of the classroom Sorcha has maintained an almost perfect grade point average while taking challenging AP classes. Her newspaper advisor and English teacher reports that Sorcha is "truly an intelligent, organized and hard-working leader." Her school counselor calls her "the real deal" and states that she "is one of the most academically driven students whom I have met".

Colleen Hill is planning on attending Western Washington University with a goal of a degree in Special Education. At Lynnwood High School she has served as ASB Treasurer for two years and ASB President this year, she has participated in varsity soccer and track. Outside of school she has volunteered for many events at both Lynnwood High School and her church, including a mission trip to Costa Rica in 2008. While being so busy at school and in the community Colleen has also worked as a soccer referee for the Alderwood Boys and Girls Club, been a waitress, a cashier, customer service worker, and is presently a sales associate at a local retail establishment. Academically she has an almost perfect grade point average and is in the top ten in her senior class. Colleen's math teacher has also been her advisory teacher for four years and states "She is truly a gifted and talented young lady and I believe she will be successful in whatever path she chooses". The principal of Lynnwood High states that "Colleen has been a driving force and leader of our student government over the last few years".



Timothy Lee is going to attend the University of Washington where he will enter as a Sophomore because of his Running Start and AP credits earned while at Shorecrest High School. His goal is to be a high school science teacher as well as school baseball coach. While in high school Timothy has played baseball, and been involved in Interact Club, Link Crew, and Youth Court. Outside of school he has volunteered many hours (225 earning him the Presidential Service Award) at his former elementary school to help with the sixth grade Math Olympiad program, tutoring the students along with a parent volunteer. The summer after his sophomore year he was an intern for a non-profit organization, Teens In Public Service, where he taught underprivileged children at the Yesler Terrace Community Center for 8 weeks. This struggle and then success in teaching firmed up his goal of being a teacher. Academically Timothy is an exceptionally strong student who has constantly challenged himself with the most difficult classes and Running Start. Timothy's science teacher states that he is not only a smart young man, but "what differentiates him from other smart young students is his ability to take the content he learns and apply higher level thinking skills".

See **Vincent Pham** page 6

Vincent Pham will attend the University of Washington and will pursue a secondary education degree to teach either English or History. Academically Vincent has excelled while taking a difficult class load including AP courses and Running Start courses. He has been active in school in drama, Link Crew, Political Club, Gay Straight Alliance, and varsity wrestling. His volunteer work includes being a T-Ball coach and working at the information desk at Evergreen Hospital. Vincent has been employed as a personal trainer where he has constructed personalized workout plans for clients. His history teacher believes that Vincent will continue to be a strong and successful student in the future and states that "When one looks at the complete person, Vincent Pham is among the most diverse and complete students I have encountered in teaching". An English teacher states "He is utterly without pretension or complacency. He has a wide-ranging intellect and finely honed social conscience. He is remarkably fun to be around, and has as much intellectual potential and drive as I have seen".



AARP's 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 1:00 PM at the Anderson Center, 700 Main Street, Edmonds. For alternate dates and locations, contact Bob Jones at 425-438-2727 or bobpatjones@frontier.com Note that the class is a "two-consecutive-days class," which can be selected during the month of your choice.

2011 dates

May 16 & 17 Mon & Wed
June 27 & 28 Mon & Tue

Affordable Living for Exceptional People

Foundation House at Bothell is a full-service not-for-profit retirement community sponsored by the Seattle Education Foundation.



Affordability—Comfort—Beautiful Setting

Call today to learn more about our Retired Educator Incentive Program!

Phone: 425.402.9606



17502 102nd Avenue NE
Bothell, Washington 98011



SKSR BYLAWS and APPENDIX APPROVED

We are pleased to announce that the recently completed Sno-King School Retirees Bylaws revision and newly written Appendix were approved on April 21, 2011, at the regular April meeting and Scholarship Luncheon.

From our first to our final meeting the Ad Hoc Bylaws Revision committee examined intently and scrutinized thoroughly the existing Sno-King Retirees Bylaws document. The resulting update of the Bylaws and the creation of the new Appendix, which provides more detailed descriptions of the functions and duties of the various committees, is the direct result of a total team approach. The completion of that revision could not have been accomplished without the knowledge and expertise of all those who willingly shared their time and energy.

With the active support and attendance of current co-presidents Rachel Lake and Erma Snook whose comprehensive knowledge of the what, when and how of the organization’s operation allowed us immediate answers to questions that were raised along the way. Further input from Barbara Berg, who has maintained the Scrapbook documenting the history of the group through our events, Alice Bingaman, a previous president and active “telephone committee,” Betty Odle, our historian and long time “social committee” leader, and Rita Requa, former president and immediate past president of WSSRA who could always provide the state perspective, made the scope of doing such a major task less daunting.

In the space of three months, this outstanding group produced a document that was presented to the Executive Board in January. With that body’s input final adjustments and edits were made and parts of it were presented to the membership in February and the remainder in March.

I would like to thank all who helped for their extraordinary work in helping to complete this task. They are definite assets to our organization. My sincere thanks to all of you.

Roberta Hawkins, Bylaws Revision chairperson.

Welcome New Members:

Pg 57 **Pankiewicz, James**, 17124-31st Dr SE, Bothell 98012-6764 Pg 60 **Potter, Cirila E**, 19709-86th Pl W, Edmonds 98026-6303 Pg 73 **Tripp, Lynda M**, 11012-239th Pl SW, Edmonds 98020-5222

A Huge thank-you to the following for contributions to the Scholarship Fund:

SKSR: In memory of Cheryl Bickford, Dennis Fish, Geraldine Lamphere, Raymond Martyn, Adella Swanson.

Erma Snook, Dave & Marlene Johnson: in memory of Cheryl Bickford.

Donations by: Bea Aigner, Phyllis Fiege, Tom & Roberta Hawkins, Chuck & Pauline LeWarne, Barbara Smith, and Alyce Wiggins.

Our Congratulations to Debra Howell,
 Monte Cristo Elementary School Teacher, Granite Falls School District. She was chosen as one of Five teachers from the United States to be inducted into the National Teachers Hall of Fame.

SKSR Executive Board, the people who work for you.

L to R Back row: Evie Nordeen, Jim Sisco, Virg Rayton, Dave Johnson, Linda Fitzgerald, Keith Lindaas, Marlene Johnson

L to R Front Row: Betty Odle, Rita Requa, Cheryl Bauer, Rachel Lake, Erma Snook, Roberta Hawkins, Alice Bingaman, Donna Murrish



Health Services

By Gordon Bowers

Tools For Combatting Memory Loss

Problems: We all have loss as we age, but there is growing concern about dementia that precedes and is associated with Alzheimer's. If a family member or friend has a noticeable decline in memory about recent events and has difficulty carrying on a conversation, a doctor could use a brief test called the Mini-Mental State Exam (MNSE). This test takes as little as five minutes, could be done during a routine checkup.

There are other alternatives like the clock drawing test, hands pointing to a specific time of day, or making change for a dollar. The John Hopkins Medical Staff suggests that these simple tests might help to determine if an evaluation by a doctor is needed.

The Massachusetts General Hospital offers gentle tips on assessing mental decline from normal memory slips to problems that interfere with daily activities. What you can do is to observe for the following serious problems: having trouble remembering how to do things you've done many times before, getting lost in familiar places, failing to recognize familiar people, difficulty performing tasks that involve several steps, (as in cooking a meal), misplacing objects in inappropriate places, (putting car keys in the oven), asking the same question repeatedly. Take the list to the doctor for professional assessment. If some items are persistent, worsening or interfere with daily activities, help is needed now!

Please be as gentle as possible when trying to help. Most people are cognitive of their slippage, but don't know the score. Early warning treatment is a tool for delaying further loss and even saving a life!!

Radiation, What Can It Do To You? How Much Is Too Much? First we must know more about which diagnostic testing exposes the patient to radiology. Good advice from the UW Medicine and Northwest Hospital gives update

on Xrays that we all know are noninvasive and painless and give small amounts of radiation.

MRI (Magnetic Resonance Imaging) use magnetic waves, no radiation.

CT SCAN (Computer Tomography) using a combination of Xrays, uses radiation.

ULTRASOUND uses sound waves like navy sonar, no radiation.

MAMMOGRAPHY uses radiation in low doses.

NUCLEAR MEDICINE uses radiation.

The people who learned the most about radiation were the Japanese and Russians who saw the delayed after effects of exposure. Such information in the US centers on the overuse of radiation scans as is pointed out in a publication of *Yahoo News*, with salient information. Americans get radiation in too frequent doses. Dr. Steven Bimbaum, radiologist, found CT Scans overdone, One patient had 31 scans that could have been done with ultrasound or MRI, with no radiation. Damage from overdosing is a hidden danger that hits you in later life. The FDA is pushing doctors to keep track of Xray type tests. There are no rules on the same. Women and children are most likely to get overdoses. How much is too much? Radiation is measured in millisieverts (mSv). We get about two mSv a year from nature, sun and soil. A CT SCAN gives you about 10 to 20 mSv. Columbia University predicted in 2007 that two percent of cancers result from overdoses of radiation and one third of all CT SCANS are unnecessary. Questions to ask your doctor. Is this necessary? Have I had this test before? How about ultrasound or MRI?

Treatment For Burns: The military has a very difficult task healing battle burns, Victims typically have multiple skin grafts and can't move because the skin is not flexible enough to allow movement. In the new procedure, small patches of the patient's own undamaged skin is processed, treated with enzymes and sprayed through a special nozzle over the wound, like seeding a lawn. These cells are

Health Services continued page 10

Health Services Continued from page 9

genetically programmed to do what they do by joining their other cells. "If all goes well, second degree burns will heal in four to six weeks", according to Dr. Anthony Atala, Director of the Institute For Regenerative Medicine, Wake Forest Medicine Center. Such should bring blessed relief from a world of pain, and return to normal life and no further skin grafts should be needed.

The program funded by the Department of Defense involves 31 other universities in a hundred million dollar budget over a five year span.³

Mental Massage: The business man said, "But officer, I have driven this route for thirty years and never got a speeding ticket before". Officer replies, "Your right. We should have caught you sooner".

Law of the Supermarket: The other line moves faster.

¹*John Hopkins Medical Staff Special Report; Health After 50, Testing Memory, 2011, p. 1-8 and Mind, Mood, and Memory, Massachusetts General Hospital, March 2011, p. 1*

²*UW Medicine and NW Hospital Staff Reports, April 2011 p.6 and Marilyn Machione "Americans Get Most Radiation From Medical Scans", Diagnostic Testing & Yahoo News June 15, 2010 p. 1-5*

³*Philpott, Tom, "New Medicine Aids Wounded Warriors", Everett Herald. February 12, 2011 p. C1-2*

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.

In Memoriam

Cheryl Bickford a long time member of the Executive Board of SKSR, Scholarship Luncheon Chair Person and Scholarship committee member passed away Wednesday April 20 at age 87. Cheryl taught primary grades for about 25 years. She remembered many people by donating to the Scholarship fund in their memory. She was an active and involved member of our organization. She will be greatly missed .

Ron Fraser, age 76, passed away Wednesday, March 30th, 2011. Ron was Vice Principal at Mountlake Terrace High School served as Principal at Meadowdale and Edmonds High Schools. He was well liked by teachers and students.

Deceased:

- Bickford, Cheryl M April 20, 2011 (Shoreline Dist)
- Fish, Dennis K March 18, 2011 (Lk Stevens Dist)
- Swanson, Adelle A Dec 14, 2010 (Edmonds Dist)
- Heyrend, Jeanne P March 13, 2011 (Shoreline Dist)
- Bower, Helen J April 9, 2011 (Northshore Dist)

Time In The Garden

Landscape services:

***Personal Designs**

Unique Containers

Revitalize Mature Landscapes

Horticulturally Correct Pruning

Garden Coach for the Do-It-Yourself gardener

***Emphasis on Low Maintenance**

Drought Tolerant Plants



Please contact me and let me know how I may be of assistance to you and your landscape project.

Krist Sharpe 425-745-8526

kjsharpe@yahoo.com

Landscape Designer----Retired Shoreline Teacher

Acceptance of this paid advertisement does not imply SKSR endorsement.



Travel Adventures



Lois Kitchen Champion and her husband, Philip, returned from travels in Israel in December, 2010. Their itinerary included the Golan Heights, West Bank and hotel stays on the shores of the Mediterranean, Sea of Galilee and Dead Sea. The following are some of Lois's impressions:

We transversed the entire country; north, south, east and west. Miles upon miles of fruit and vegetable producing greenhouses lined the highways. The landscape was clustered with high rise buildings and interspersed with barren hills and green hills covered with trees planted over the years. In Jerusalem, Tel Aviv and Haifa the city scenes were similar to Seattle's busy streets with the exception of seeing black suited Orthodox Jews and a few women wearing Muslim head scarfs.

Gasoline was \$7.00 a liter, yet traffic was heavy with compact size cars. BMW's and Mercedes Benz were sprinkled in. Everyone we encountered, in hotels as well as shopkeepers in tiny food and merchandise stalls, spoke English. Flat screen BBC or CNN in English without Hebrew subtitles occupied our evening free time.

Even though missiles continue to fly in and out of Israel, people seemed to be enjoying a normal pace of life. "We are surrounded by enemies, cease fire enemies and potential enemies. If necessary, we will strike first," our tour director informed us.

Space in this paper does not permit writing about my experience in the Holocaust Museum, seeing side-by-side burial tombs along a dirt road similar to one, reportedly, that Jesus would have been laid to rest, armored tanks crossing the highway in front of us and a chilling experience entering through the Palestinian massive concrete West Bank Wall. There inside we saw a brass star embedded in the floor where Jesus, we were told, was born.

The opportunity to float in the Dead Sea, (the lowest point on earth), was an adventure I looked forward to with eager anticipation. Approaching the shallow water with great intentions to float, I gingerly stood in the greasy, murky cold water up to my ankles. I couldn't force myself to go in deeper. While debating whether I should or shouldn't remain in this unpleasant situation, I observed two people in the water. One was floating on his back with arms, legs and head up. The other person was floating in a sitting position. The allure of immersing myself in the Sea quickly vanished. I stepped out of the liquid mixture into my awaiting dry slip-ons.

Israel is a shopper's paradise. At one museum jewelry counter, I was admiring a Star of David pendant, and I asked the sales lady if it would be all right for me to purchase one even though I wasn't Jewish. "Oh, she replied, "but you are Jewish. Read Romans _____" So I bought one.

Several days later, stopping in a small, quiet hotel jewelry shop, I chatted with the wise elderly shop owner and again I was attracted to an array of Star of David pendants. During our conversation I told him that I had just recently learned I was Jewish. He said, "Maybe 2000 years ago" and added, "what synagogue do you attend?" I laughed, he smiled and I bought another pendant.

This was the most go-go overseas travel I have taken. We saw and experienced so much – the Masada, the regal King David Hotel, a cruise on the 15 mile long Sea of Galilee, the Jordan river where Jesus was baptized and thousands yearly reenact the baptismal, and our gorgeous three-night four room suite by the Sea of Galilee with two flat screen TV's and two decks (How did we rate this luxury? It had to be a mistake).

The Western Wall where I put a prayer message on a ledge will not be forgotten. The cracks in the large blocks of stone were already filled with folded pieces of paper. Whether the messages fall on the ground, are left on a ledge or in the cracks, all will have equal strength, I believe.



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

**NON-PROFIT
ORG
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, **Friday June 24**

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@frontier.com or
425-775-1127

To help with mailing our next Bulletin on Tuesday, **July 5** call

Alice Bingaman 425-778-1343, **Betty Odle** 206-525-8276 or **Joan Hertrich** 425-778-9572

Address /email Changes:

- Pg 15 Blain, Kenneth, 67800 Medano Rd, Cathedral City, CA 92234-5598
- Pg 36 Hoff, Kathy E, 3068 Majestic View Walk, Lexington, KY 40511
- Pg 56 Oman, Gary, 6535 Seaview Ave NW #406B, Seattle 98117-6052
- Pg 60 Randall, Carol, 5300-24th Ave NE #326, Seattle 98105-3276
- Pg 65 Sawyer, Judith, 16723 Ashworth Ave N, Shoreline 98133-5442
- Pg 76 Weishaar, Phyllis, 8811 Whitechuck Dr, Everett 98208-3437
- Pg 78 Wright, Elwin E, 17502-102nd Ave NE #136, Bothell 98011-6708
- Pg 79 Zody, Gailen, 6548 Anasazi Ridge Ave NW, Albuquerque, NM 87114