

# Sno-King School Retirees



July 2002

## The SKSR Bulletin

A message from our president

### Opus 10—the Finale

by Bob Jones, 425-787-2727—[bobjones@premier1.net](mailto:bobjones@premier1.net)



**Y**es, my friends, this is the last president's message for this year from me. This is the time of year one program is winding down and the other is gearing up. No matter how many years we've been retired, one or 20 plus, we still get those end-of-the-year feelings. Did we do enough, or did we do too much—are we glad it's over, or are we sad it's ending? That's just part of the territory. It doesn't leave. It must be good.

#### I-797 and the PAC

Initiative 797 and the WSSR-PAC (political action committee) were the two main issues at the convention in Pasco. Even if we have all those petitions turned in on time and have enough signatures to get Initiative 797 on the ballot, there are things we need to do before election time comes around. Both I-797 and the PAC are closely related and vital to active and retired members of Sno-King. (That's a loose statement, because retirees are often more active than they were when they worked.)

Why are we still working? We do not get enough pension to live on as the years pass by and because Washington and three other states—South Carolina, Florida, and Iowa—are the only states that do not have policy control over their pension and the pension system. As you know, 16 legislators (the JCPP) currently make all pension decisions. Public employees and WEA have joined WSSRA retirees in backing I-797. All actives and retirees need to know everything we can about the pension system and I-797 so that at any given time we can educate other voters about our concerns.

The firemen and police were with us for a time but chose to do their own thing, I-790. Each was assessed \$100, so they now have \$1.2 million to support their issues. We have twice the members, but

see **PRESIDENT** on page 3

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Alice Bingaman, President-Elect  
Jack Rogers, Past President/Legislative  
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Betty Odle, Historian/Picnic Coordinator  
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Ellie Bonanno/Ruthanne Warren, Phone  
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Jo/Bruce Caldwell, Bulletin Editors

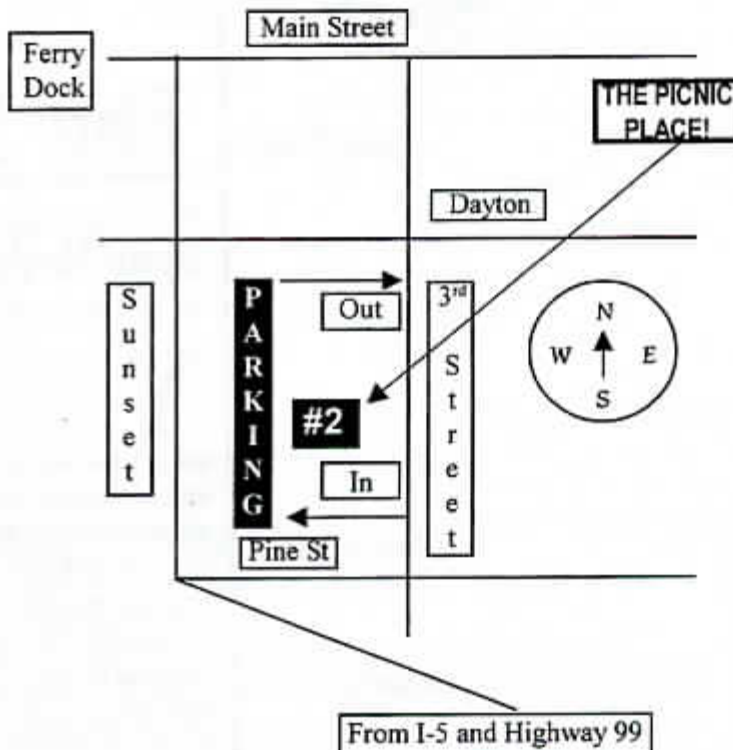
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## It's "Welcome Picnic" time again

It's that time again where we can meet old friends and new friends in the retired realm. The picnic is on Thursday, July 18, at 12:00 noon in Edmonds City Park at Kitchen #2. The address is Third and Pine St. The entrance is off Third Street.

Be sure to call Betty Odle at 206-525-8276 to let her know you are coming and if you are bringing a friend. Look up your Sno-King tee shirt and wear that also. At the convention you could sure tell where we were even above the red shirts of Seattle.



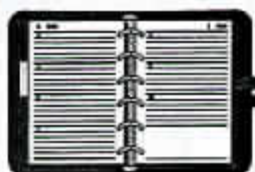
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Coming Events for Sno-King School Retirees

July 18 ..... Picnic

Edmonds City Park

Welcome new retirees



An editorial

## PAC Development

*an opinion by Jack Rogers*

Now that we have taken a step forward to improve our lot, let us not hesitate to provide the support needed to make our political action committee a viable player in the political arena. Whether we like it or not, a PAC is essential if we are ever to have political clout. Since our pension system is closely tied to politics, it is

important that we learn to play the political game as well as everyone else. That learning will require our financial support.

Our dues to the Washington State School Retirees Association cannot be used to fund a political action committee. We must subscribe to the PAC as individual members and support it with our financial resources beyond

our dues requirement. I hope we can all step up to this commitment to support the WSSR-Political Action Committee. Our effectiveness as an organization depends upon our ability to endorse legislative candidates and back those endorsements with money for campaigns.

If we are ever to see meaningful reform to the pension system, we must work statewide to elect legislative candidates who are in agreement with our issues. A political action committee, working on our behalf, is just one step in the right direction that will help deliver the message of our concerns and, hopefully, garner the votes necessary to bring about positive change.



## PRESIDENT from page 1

in no way can we ask for \$100 from each one. From our older members that could be close to half their pensions.

We also need to know which legislators support our issues and how we can support them in getting the changes made. That is where PAC comes in. It takes money to find out candidates positions, to support those candidates, and to educate them about the truth that our pension "trust" is in name only at this time. All contributions to the WSSR-PAC must be documented whom they come from for the disclosure act. Contributions cannot be from dues, they must be separate donations, stating who gave them. Therefore, WSSR-PAC is a part—but not a part-of WSSRA, being totally separate in operation and organization. These issues are most important for us to live.

## On a lighter note

Our web site was viewed by all at the convention with a lot of admiration.

We have one more event coming up in July. That is the Welcome Picnic for newly retired and possible members on July 18 at 12:00 noon at Edmonds City Park. Directions and reservation information can be found on page 2. Thank you again for the great year, and we send prayers and best of luck for the new officers for 2002-2003.



# 55 Alive

AARP's 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 425-787-2727 or [bobjones@premier1.net](mailto:bobjones@premier1.net). Note that the class is a "two-consecutive-days class," which can be selected during the month of your choice.



**Watch this spot  
next year for  
2002-2003  
dates**



Health tips for you

## New brain scan to detect Parkinson's

by Gordon Bowers, health chair, 425-778-9202

This is one of the most vicious diseases to ever befall a human. Identified in 1877, this most debilitating malady afflicts a million people, mostly elderly Americans. What a welcome to "The Golden Years" for those so unfortunate. The insidious attack is invisible, and by the time the tremors appear—shaking hands, shuffling gait or other symptoms—the neurological damage has already occurred.

In a new technology that uses brain imaging, photos show measurable levels of dopamine, a critical chemical of the brain that governs motor control. These images can help the doctors determine if the body is not producing enough dopamine and treat accordingly before the first symptoms occur. Early treatment is critical because once the disease has a hold, weakness and tremors on one side of the body quickly spread, and the patient loses the sense of smell, ability to dress, handwriting and all dexterity. The light at the end of the tunnel—early detection, along with new promising drugs, can slow or stop progression of the disease.

Source: *Hartford Courant, Everett Herald*, May 14, 2002, P D2.

### Keeping the brain in gear



Until the last few years neuroscientists gave a dismal view of the aging brain—thousands of brain cells died every day on a routine schedule until late in life the brain had very little cognitive function.

Recent research shows this to be all wrong; the brain is highly plastic and is capable of rebuilding itself even into old age. Evidence suggests that good health habits and lifestyle can even boost mental well-being. Though brain cells tend to shrink with age, new cells were found in the hippocampus, the learning and memory area of the brain, in people as old as age 72.

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Serious brain damage occurs when clusters of neurons are destroyed by major disorders such as stroke or Alzheimer's.

In the early 1990s, a major research project by the MacArthur Foundation studied why certain people remain mentally sharp all their lives. They enrolled 1,000 sharp subjects between the ages of 70 and 80. Researchers found three factors regularly associated with longlife mental sharpness. One of these factors was entitled *Education and Mental Activity* that produces critical thinking skills and is believed to keep the brain more plastic, active and productive. This may explain why people with college degrees consistently are less likely to have memory loss than those with less formal education. The better educated may fare better because they write, travel, read and are more involved in challenging mental activities throughout life.

A second factor for a lifelong healthy brain was "physical activity," because brain cells require more oxygen than other cells. The brain actually gobbles 25% of all the oxygen from the lungs, has no storage capacity and needs a steady supply of blood loaded with oxygen. Vigorous exercise stimulates the growth of new brain cells of the type in the hippocampus.

The third factor in lifelong health brain activity is "Emotional Well Being"—a well-balanced life style, sense of purpose, close family ties and friends, community activities, satisfaction in life and a sense of humor. All these factors are key characteristics of people who keep an active healthy brain in their later years.

Source: *Johns Hopkins Medical Letter*, June 2002, pp. 1-2.

### How's your driving?

The Mayo Clinic has some suggestions for all of us that indicate driving ability



may be declining. Danger signs: swerving over the center line, difficulty making turns, confusing the brake and gas pedals, hitting curbs, missing stop signs or stop lights and getting lost in familiar places. If in doubt, ask your doctor or family members, but have excuses ready!

Source: *Mayo Clinic Health Letter*, May 2002, P 8.

see HEALTH on page 11



Traveling with Terri

## Italian experiences: unexpected pleasures

by Terri Malinowski, travel chair, 425-483-8344-[terrim1@earthlink.net](mailto:terrim1@earthlink.net)

*Terri is on vacation with her family in France this month and asked your editors, the Caldwells, to write about their May 2001 trip to Italy. Terri will resume her regular column in September.*

Reading May's travel article about the Smiths' trip to Italy brought back many pleasant memories of our own trip there in May 2001. We spent three weeks in Italy, starting in Rome, going south to Sorrento and then meandering north through Tuscany, Umbria, the Cinque Terre and Venice before returning home. While we usually travel by ourselves, this time we went with another couple, Judie and Jerry Wire from Bellevue, whom we have known for years (since Jo met Judie when they were buglers at Camp Sealh). While we loved nearly everything about our trip, among the things that stand out the most were some unexpected pleasures.

### South to Sorrento

The first was Sorrento—and the journey getting there. After spending three days in Rome, we picked up a rental car and headed south. Traveling down the coast on beautiful highway 148, we first stopped for lunch in a little restaurant in the heart of "buffalo mozzarella" country. Buffalo mozzarella is a semi-soft white cheese shaped like an egg. It is served sliced with slices of tomato, covered with chopped fresh basil and all drenched in olive oil. (Since our return home we've discovered the mozzarella is available in two sizes at Shoreline's Central Market.)

As we approached Naples, we got on the autostrada (toll road) and decided to skirt the city in order to get to Sorrento. We had gone just a short distance when the traffic suddenly came to a stop. Seeing no relief in sight, Jerry checked the map, looked at the next exit sign and said, "This road (Highway 18) leads straight to Sorrento." We took the exit.

Sometimes large area maps give a misconception of the actual roads. Highway 18 really was simply a poorly identified route through the crowded tenements between Naples and Sorrento. It wasn't one road but rather a route following a series of unrelated streets, highways, roads, lanes and avenues. We were all busy looking for 18s; sometimes the numbers appeared on signs, other times the 18 with an arrow was painted on the side of a building.

The route twisted and turned. It went down alleys and up hills. Once it pointed right, but when we turned

we were in a parking lot! A detour along the route took us up a VERY narrow road with no guardrail and a steep drop-off. At the top of the hill was a sharp left followed by a sharp right onto another road (still 18). The scenery was magnificent when we dared take our eyes off the road. And it was a much more interesting trip than we would have had on the autostrada.

Finally, we arrived in Sorrento. A brief search placed us in a beautiful hotel, La Badia. It was a former convent high on a hill. Following Rick Steves' advice, we asked for a view room (no extra charge). When we opened the shutters, we were treated to a breathtaking view of the entire seacoast. We could see the city of Sorrento in all its glory; then our gaze followed the gently curved hills and cliffs all the way around the bay to Naples. We immediately went down and extended our stay by one more night.

Sorrento is a great headquarters for visits by train, car, boat or bus to such places as Pompeii, Capri and the Amalfi Coast. We ran into some folks from Gig Harbor who directed us to try the local specialty, a lemon liqueur. It's wonderful, especially the "creamy" variety. (Unfortunately, it's not available in the states.)

### Trouble in Todi

Our second unexpected pleasure grew out of a rather serious problem. After visiting the town of Todi, we returned to find our car would not start. After several unsuccessful attempts, we realized we were in trouble. We had no idea what to do. In the parking lot, near a church, was a group of students doing a survey for their engineering class. When the instructor realized our dilemma, he came over and asked if he could help. Using his own cell phone, he called Avis and explained our problem. They told him to tell us to get it repaired,

see ITALY on page 11



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employees as references.*

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

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## SKSR accepts advertising for *Bulletin and Directory*

In an effort to best utilize dues income, SKSR does accept advertising for its two publications in order to help cover the cost of printing.

### ADVERTISING RATES 2002-2003

	Bulletin		Directory	
	Member	Non-member	Member	Non-Member
Full Page .....	\$90	\$180	\$300	\$600
Half Page .....	\$50	\$100	\$200	\$400
Quarter Page .....	\$35	\$70	N/A	N/A
Variable Size .....	\$15	\$30	N/A	N/A

*Variable size* ads are those which are less than one-quarter page and are designed by the SKSR publishers to fit available space. They will not necessarily be the same size as other variable size ads. Advertising wording must be sent to the editor.

Full, half and quarter page ads must be submitted camera-ready. Ads must bear the wording (small size font acceptable):

*Acceptance of this ad does not imply SKSR endorsement.*

Advertising from businesses must be submitted at least one month in advance of the first publication issue desired and is subject to SKSR Board approval.

Once submitted, *Bulletin* advertising will run monthly unless the advertiser requests it be stopped or changed.

The *Directory* is published **biennially**. Limited advertising space is available only on the covers (inside front, inside back and outside back).

SKSR does not bill. The advertiser is responsible to send a check for the appropriate amount when the ad has been published. The check should be made out to SKSR and mailed to:

Dave Johnson  
814 Sixth Avenue South  
Edmonds, Washington 98020

Individuals or companies interested in advertising in the SKSR publications should contact:

Bruce Caldwell  
PO Box 1117  
Edmonds, Washington 98020  
425-778-9390  
sksr@wmea.org



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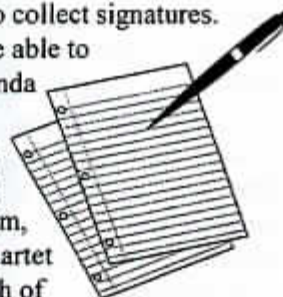
## Taking the initiative

At the state convention recently held in Pasco, Kathy Reim (co-chair of the initiative drive) made an impassioned plea for help gathering signatures for Initiative 797. I-797 replaces the JCPP, which is made up of 16 legislators, with a new board composed of current actives and retirees from the state's pension systems.

While the time has now passed to gather signatures, we should know soon whether or not the efforts were successful. If they were, much help will be needed educating the public on the importance of giving us all a voice in managing our pension system.

Responding to Kathy's plea, members Rita Requa and Jo Caldwell returned energized and inspired to collect signatures.

They were able to recruit Lynda Hughes and Linda Fitzgerald to join them, and the quartet spent much of



Saturday, June 15, at the Edmonds Arts Festival where they gathered well in excess of 120 signatures.

Though they were nervous at the beginning, they discovered that most people were very willing to sign the petitions. They were surprised at how many people said they were a part of one of the systems and weren't aware that this effort was being made on their behalf.

The next task that confronts us all now is to PASS this initiative if it qualifies for the November ballot. There are about 400,000 members who will benefit from the passage of I-797, and it will mean NO NEW TAXES!



## Shorewood teacher Steve Kelly honored

PEMCO Insurance and the Washington State School Retirees' Association (WSSRA) announced the Robert J. Handy Effective Teacher Award winners from



Steve Kelly (center) receives the Robert J. Handy Award from PEMCO representatives Jim Menzies and John Okerman.

schools around the state.

The award honors eight teachers who have made positive contributions to the education profession, demonstrated a commitment to self-improvement, and willingly shared successful practices with colleagues. In addition to recognition as one of the top educators in the state, each teacher also received \$1,250 from PEMCO.

The selection committees judged candidates in their ability to meet several key qualities of an effective

teacher. The award guidelines state that each teacher should:

- ... **Inspire**—help students to see beyond themselves and extend belief in themselves
- ... **Mentor**—provide constructive assistance and positive support
- ... **Coach**—use a variety of effective approaches in relationships with students
- ... **Challenge**—help students overcome adversities
- ... **Motivate**—help students achieve results and accomplish goals
- ... **Adapt**—help students adjust to a diversity of milieu
- ... **Define**—specify the intended changes, effects, and outcomes in students

The award honors PEMCO's founder and visionary, Robert J. Handy, a math and science teacher at Sumner School in Seattle. Handy founded the Seattle Teachers Credit Union (now Washington School Employees Credit Union) in 1936, and the Public Employees Mutual Insurance Company (PEMIC) a precursor of PEMCO Insurance in 1949.

### Steve Kelly recipient of the Robert J. Handy Award

by Rita Requa

At the Shoreline School Board meeting on May 20th, Steve Kelly, Shorewood High School English Teacher, received the Robert J. Handy Effective Teacher Award sponsored by PEMCO Insurance. Steve Kelly was the recipient for the Northwest-1 Region (from Shoreline to the Canadian border).

Steve's attributes include inspiring, mentoring, coaching, challenging and motivating his students in effective ways. He tends to get a diverse population of students who are drawn to his style and knowledge. He gets the extremes: the poor and the wealthy, all racial and ethnic groups, the emancipated and students in multi-families, students with a .0 GPA to 4.0.

Assistant principal Winnie Rosborough-Griffin, in nominating Steve, said, "Mr. Kelly has designed and helped implement many key programs that have proven to inspire academic excellence and civic responsibility at Shorewood. For example: many years ago, he created an inclusive gifted program, implemented a Big Brother/Big Sister program, helped develop the 9th Grade Academy—LINK CREW, (services 450 freshman, 97% attendance rate and a student passing rate of 87%) has served as English department chair, assistant coach in five sports, SEA representative, class adviser, SW site council and district curriculum development

committee. Mr. Kelly is a dynamic teacher who inspires hope and excellence. His legacy has stretched beyond his classroom, and his influence has channeled its way through the hearts and homes of each student at Shorewood."

I visited Steve's classroom to get a picture of him in action. It didn't take long for me to discover that this would be difficult. His room is full of action, respect and nurturing, and I got caught up in it. In just a few minutes I saw Steve giving tips on how to sign the annual, asking thought-provoking questions of students about their project presentations for *Romeo and Juliet*, preparing them for a vocabulary test using analogies, posting thoughtful quotes about friendship attributed from Emerson to aboriginal sayings, and providing opportunities for the senior mentors to interact with these freshman. What a rush! Steve makes us all proud!



Steve Kelly is acknowledged by SKSR member Rita Requa at the Shoreline School Board meeting



## SKSR-involved and busy



Wanda Grande, Sharon Carson, Bob Jones, Donna Murrish, Don Denton and Jack Rogers relax after a morning helping clean up at the beach. SKSR participates in this community project each year.



Kristi Riggins (Shorewood High School), Cynthia Raetzloff (Meadowdale High School), Bobby Hinnenkamp (Lynnwood High School) and Rachel Corvin (Bothell High School) received their 2002 SKSR scholarships this year. They were recognized at the April scholarship luncheon.



Ellie Bonnano looks on as Gordon Bowers reads his poem of tribute to Winnie Smith. Winnie was recognized by WSSRA with an honorary membership in recognition of her many years of dedicated service to the state and local units. Winnie is one of the founding members of the Sno-King School Retirees Association.



At the April scholarship luncheon, members were entertained by two outstanding middle school students, John and Amy Baldwin, from Mukilteo. They are junior champion ballroom dancers, and they demonstrated a tremendous versatility and energy in their exhibition for SKSR.

### Back to work?

My first job was working in an orange juice factory, but I got canned—couldn't concentrate.

Then I worked in the woods as a lumber jack, but I just could not hack it, so they gave me the ax.

After that I tried to be a tailor, but I just was not suited for it, mainly because it was a so-so job.

Next I tried working in a muffler factory, but that was too exhausting.

Then I tried to be a chef. I figured it would add a little spice to my life, but I just didn't have the thyme.

I attempted to be a deli worker, but anyway I sliced it, I could not cut the mustard.

My best job was being a musician, but eventually I found I wasn't noteworthy.

I studied a long time to become a doctor but did not have any patience.

My next job was in a shoe factory, but I didn't fit in.

I became a professional fisherman but discovered that I couldn't live on my net income.

I managed to get a good job working for a pool maintenance company, but the work was too draining.

So then I got a job in a workout center, but they said I was not fit for it.

After many years of trying to find a steady job, I finally got a job as a historian until I realized there was no future in it.

My last job was working at Starbucks, but I had to quit because it was always the same old grind.

So I retired, and I found I am perfect for the job!



## 2002 WSSRA Pasco convention

The 2002 WSSRA convention was held in Pasco June 11 and 12. Seventeen delegates represented Sno-King unit 23. They were Bob Jones, Pat Jones, Rita Requa, Betty Odle, Donna Murrish, Dave Johnson, Alice Bingaman, Phyllis Enger, Warren Rowe, Bruce Caldwell, Wes Grande, Wanda Grande, Rachel Lake, Lynn Nothdurft, Corky Christensen, Roberta McKee and Mary Ann Simons.

The convention became an opportunity for the delegates to learn much about the work WSSRA is doing for its membership. There are three major projects which need the assistance and energy of the membership so that retirees can feel more secure in their futures.

### Initiative 797

I-797 will disband the JCPP (Joint Committee on Pension Policy) which currently is composed of 16 legislators who make all decisions on the investment of our pension funds and the rules governing pensions. The JCPP will be replaced with a new 12-member board made up of actives and retirees elected from each of the current state pension funds (except for LEOFF plan 2, which is working its own initiative, number 790).

Petition signing is now over. If the initiative is certified for the November ballot, though, much help will be needed—both personal and financial—to educate the voters of Washington about the importance of passing this issue. And the great part is that if this initiative passes and is implemented, it will not mean more new taxes. It simply will place the governance in

our hands, though decisions will still have to be verified by the Legislature.

### WSSR-PAC

A Political Action Committee has been formed by WSSRA. This will investigate candidates for office and then provide funds to support the election of those whose positions favor the goals and needs of retired school employees. As no dues money can be used for the PAC, members are being asked to donate to help with funding our legislative goals through the election of those who care about us.

### Pension defense fund

Last year about \$50,000 was raised to support our court costs in the lawsuit we have filed. This year donations are down, but we still have costs as we are awaiting the results of our appeal. About \$1,000 has been received; this fund is now in need of about \$10,000.

### Recognition

SKSR was again recognized for achievement. We achieved 24 of the 25 stated goals this year. We also had the largest number of new members and the largest number of new enrollees in the ADD program.

### Some lighter times

Of course, the convention was also a time to catch up on friendships, enjoy some good food together and in general make connections with other retirees. There were few proposals and changes this year; the focus was on working together and making WSSRA more visible and effective.



Delegates Warren Rowe, Donna Murrish and Phyllis Enger enjoy a moment at the convention banquet on Tuesday night.



Phyllis Enger and Corky Christensen prepare to vote on convention procedures.



Wes and Wanda Grande enjoy one of the many meals at the convention.

### WSSR-Foundation

This organization raises funds to present scholarships to future educators. A raffle is held at each convention, with prizes donated from many sources. SKSR member Wanda Grande won a cruise on the Seattle waterways, while Bruce Caldwell won a pillow hand made by WSSRA office staff member Karen Keller.



## Thank you, SKSR

Dear SKSR,

Thank you so much for awarding me a \$200 grant I am waiting to spend the money until I am certain of the grade level I will be teaching next year.

I have sent some math and reading games home with the children for use overnight and they always want to keep them longer. With a larger supply of games, thanks to your funding, I will try to give each family one game to keep for a week next year.

I think one of the nicest things about this grant was the ease in applying for it. I didn't have to write down what standard or benchmark I was working toward, what the goal was and how I would access if I reached it, etc. It is very evident that the money is given by teachers who respect teachers and know we will use the money wisely.

Thank you again,

*Peggy Roberts*

Frank Love Elementary

Dear SKSR Grant Committee,

So many thanks for giving \$200.00 to the North City Elementary School library for award-winning books. I purchased the 2002 Young Reader's Choice and Washington Children's Book Award books.

Sincerely,

*Alice Barnard-Rundle*

North City Elementary

Dear all the Sno-King Retirees,

On behalf of my class and myself, I do want to thank you so much for the grant money that allowed my class to take pictures and put together wonderful stories of their young lives in pictures. It was something that really touched the parents because some of the

subjects the children chose to take pictures of, the things they considered so significant in their lives right now, were surprising to them.

I was not surprised to see the number of pictures of family, home and pets that filled their albums. These are still the most important things in the lives of children, despite the onset of technology!

I hope to make this an annual event. Your grant enabled me to see the effectiveness of such a project and the need to make it a tradition.

Thank you so much,

*Cindy Bruce*

Lake Forest Park Elementary

*Enclosed in the envelope from Cindy were letters from individual students which will be displayed at next year's scholarship luncheon. Everyone enjoyed seeing the notes from the students of the fall grant winners.*

## SKSR BULLETIN BOARD

### JOHNSONS CELEBRATE 60 YEARS

On June 3, 2002, Walter and Virginia Johnson celebrated 60 years of marriage. Virginia taught in the Shoreline District, and Walter at Seattle Pacific University. Both their children have also been teachers. The Johnsons currently reside in Hebron, Indiana.



*Cindy Bruce's fourth grade class at Lake Forest Park Elementary School in Shoreline.*

There are many ads for Long-term Care insurance.

*But why look at just one company?*

For no-hassle, comparative quotes from 4 or more major companies, contact:

**Don Denton**

(425) 787-7881

[dondenton@jps.net](mailto:dondenton@jps.net)

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## Remembering . . .

**Charlie Koon** was born in Minneapolis, Minnesota, and died in Seattle after a short illness. He went to Bremerton High School and Olympic College for two years, where he was Little All-American in basketball. He then transferred to the University of Washington and was a starting guard in 1952-53 for the only UW basketball team to advance to the NCAA Final Four. In 1956 he was named an AAU All-American and was an alternate to the USA Olympic team after the Seattle Buchan Bakers won the AAU championship.

Charlie taught and coached in the Shoreline School District until retirement. He is survived by his wife, Bette, their three daughters, three grandchildren, two brothers and two sisters. Charlie loved the university, his family, friends, gardening, jazz music, all sports. Services were held at the Richmond Beach Congregational Church on June 7.



**ITALY** from page 5

and they would reimburse us when we turned the car in. He directed Bruce up the hill toward Todi to try to find help.

Bruce went to the building the teacher suggested, only to find it was a carpentry shop and not a service station. Using Rick Steves' book and pointing to words in the "Car Trouble" section, Bruce finally communicated that his car would not start. The elderly carpenter tried to call several places but had no luck finding assistance for us. Bruce indicated he would walk further into town for help, but the carpenter refused to let him go. Taking off his apron and hat, and through "unofficial sign language," the elderly gentleman motioned that Bruce should go with him. He drove Bruce to another town with a shop that called a tow truck. They returned to the carpenter's shop, where they awaited the tow truck's arrival.

After it arrived, we were taken to the garage/home of an Avis repairman who also did not speak English. He determined that, indeed, the car would not run. He contacted Avis. They told him to keep the car and send us to Perugia, where another car would be waiting. Because there were no taxis in the small town large enough to carry four passengers and their luggage, the repairman arranged for a cab to come down from Perugia, about 60 kilometers away, and showed us where we could have lunch while we waited.

The impressive thing about the entire incident was that although there was no common language, the local people could see we were in trouble and would not let us go until we were passed into safe hands. Good deeds came naturally to them. We will always be indebted to those kind folks.

**Traveling with friends**

Lastly, we discovered how much fun it is to travel with someone else. Traveling with another couple for an extended trip was a new concept for us. We hoped we'd still be talking (if we had anything left to say) at the end of three weeks. As it turned out, we not only



were still talking, but we also had lots more to talk about! Early in the trip we developed some routines that worked well for all of us.

Before we left we had agreed that we wouldn't have to feel that we had to do everything together. At first that seemed easier to say than to do. But when we were visiting Pompeii, we discovered that Judie tended to want to see all the "historic" sights, and Jerry liked to read every descriptive sign (even in languages he didn't understand). We, on the other hand, like to "overview" things and cover more territory in less depth. So most days we'd join for breakfast and then either split up for the day or start out together and sort of work our way apart as we began following different interests. During the day, we would often run into each other at sights but would usually continue on our separate excursions as we explored local venues.

Every night at 6:00, we would gather in one of our rooms or on its balcony (even most of our cheap hotels had balconies) and enjoy a bottle of local wine and the scenery together. We alternated days of being "assigned" to find a local wine for our social hour. We were never disappointed.

Conversations were lively, sharing what each had done that day. Following the social hour, we would go to a local restaurant for dinner. While we had each been together as a couple during the day, conversations in the evenings tended to be man-to-man and woman-to-woman.

It was really fun to have the independence for our sightseeing while having the companionship of friends in the evenings. We recommend this type of travel for those who are not into group tours but prefer independent travel. Our trip was terrific, our friendship is even stronger and we found that traveling with another couple is a great way to visit a foreign country.

Travel offers opportunities to learn more about people and places and oneself. While we have many wonderful memories of sights we saw in Italy, sometimes the unexpected things provided the most pleasure of all.

**HEALTH** from page 4**Flexible minds, old and new beliefs**

**OLD**—red wine is the only alcohol good for you; **NEW**—moderate consumption of any alcoholic beverage can be heart-healthy (one drink a day for women, two for men—another discrimination). **OLD**—coffee and caffeine are bad for your health; **NEW**—no health danger, but can cause jittery nerves and withdrawal headache...so enjoy!. **OLD**—chocolate is bad for



you; **NEW**—chocolate has the same beneficial chemicals in one ounce as a cup of brewed black tea—very good for you.

Source: *Wellness Letter*, University of California at Berkley, June 2002, P 1.

**Mental Massage**

It's not the bulls and bears in the stock market that cause you to lose money, it's the bum steers.

When people say, "That's the way the ball bounces," they are usually the ones who dropped it.





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

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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, **Sunday, August 18.**

Send news and other materials to

**Jo or Bruce Caldwell**, PO Box 1117, Edmonds WA 98020, [sksr@wmea.org](mailto:sksr@wmea.org), fax 425-776-1795, phone 425-778-9390.

Please send TRAVEL news to **Terri Malinowski**, 15341 158th Ave NE, Woodinville WA 98072, [terrim@accessone.com](mailto:terrim@accessone.com), 425-483-8344.

If you know of illness, please call Sunshine Co-Chairs, **Gayle Bromley** (206-364-1314) or **Frances Peters** (206-361-8594).

To help with mailing our next **Bulletin** on **Tuesday, August 27**, call **Betty Odle** (206-525-8276),

**Ellie Bonnano** (425-778-0751) or **Ruthann Warren** (206-367-0742).

### **Members on the move**

#### ***Change of Address***

Pg 3	<b>Baumrucker, Rosalie</b>	2442 6th Ave W, Seattle, WA 98119-2509
Pg 19	<b>Jenkins, Christy S</b>	19830 Bagley Dr N, Apt V-303, Shoreline 98133-2722
Pg 25	<b>Marum-McKinney, Cindy</b>	13740 Riviera Pl NE, Seattle 98125-3846
Pg 35	<b>Schaffner, Jim and Lorene</b>	2314 22nd St, Anacortes, WA 98221

#### ***New Members***

Pg 1	<b>Alskog, Suzanne</b>	15000 Village Green Dr, #56, Mill Creek 98012-5751
Pg 16	<b>Hays, Richard E</b>	2431 157th Pl SE, Mill Creek 98012-5870
Pg 28	<b>Niles, Janet K</b>	12208 NE 165th Pl, Bothell 98011-7128

#### ***Deceased***

Pg 21	<b>Koon, Charles W.</b>	June 3, 2002 (Shoreline District)
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**Please send address or phone changes and your E-MAIL addresses to Donna Murrish.**

**[dmurrish@aol.com](mailto:dmurrish@aol.com)**







## SNO-KING SCHOOL RETIREES QUESTIONNAIRE FOR 2002-2003



Each summer the new president of our Retirees' group plans for the next year's programs and activities. This is then presented to the Executive Board in August for its consideration. This coming year Alice Bingaman and Rachel Lake will be focusing on the interests and requests that you as a member of this organization would like to see as part of our program.

We are asking that you submit your ideas and suggestions below, and mail this sheet back to us or e-mail your responses to Rachel ([RK\\_Lake@msn.com](mailto:RK_Lake@msn.com)) by Saturday, July 20.

Please indicate the program presentations and programs that you especially liked in the past.

- ☐ Music Programs
- ☐ Estate Planning—Wills
- ☐ Dance Performances
- ☐ Drama Monologues
- ☐ Lunches with Entertainment

- ☐ Joint luncheons with other retirees organizations
- ☐ Consumer Education Issues
- ☐ Travel—Slide Shows
- ☐ Personal Safety Presentations

- ☐ Legislative Breakfast
- ☐ Other—please list \_\_\_\_\_

Please make suggestions for new programs.

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What would encourage you to attend more meetings?

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Please indicate your interests in the ongoing committee structure.

- ☐ Retirement planning
- ☐ Community Service
- ☐ Health Services

- ☐ Education
- ☐ Legislative

- ☐ Member Services
- ☐ Membership
- ☐ Pension Reform

If you would be willing to help on one of these committees, please give us contact information.

Name \_\_\_\_\_ Phone ( \_\_\_\_ ) \_\_\_\_\_

Address \_\_\_\_\_ E-mail \_\_\_\_\_

Please return this survey no later than Saturday, July 20, 2002 to

Alice Bingaman  
22528 90th Avenue West  
Edmonds, Washington 98026-8235  
or contact Rachel Lake by e-mail at  
[RK\\_Lake@msn.com](mailto:RK_Lake@msn.com)





Please  
place  
stamp  
here



Alice Bingaman  
22528 90th Avenue West  
Edmonds, Washington 98026-8235

(Fold along this line and mail)

## Sno-King School Retirees Association

Message from Alice Bingaman  
2002-2003 President of Sno-King

*Next year our specific goals should be:*

- 1. Work together to achieve a true COLA for School Retirees that is comparable to Social Security and other retirement plans.*
- 2. Maintain an organization that provides a venue through which we can employ the interests, talents, and relationships developed over the years for the betterment of our members.*

