
SNO-KING SCHOOL RETIREES

NEWS

November 1997

President: Dave Johnson, 425-776-7298 Editor: Betty Odle, 206-525-8276

Treas.: Donna Murrish, 363-5753; Sunshine Co-Chairs: Gayle Bromley, 206-364-1314 Frances Peters, 206-361-8594

WSRTA Office: 1-800-544-5219; WSRTA Message Center: 1-800-221-1260

State Legislature Hotline: 1-800-562-6000

PRESIDENT'S MESSAGE

A warm hello to all Sno-King School Retirees! The scholarship luncheon was a huge success thanks to all the many members who worked long and hard. We raised a significant amount of money for our scholarship fund. It was a pleasure to have Barbara Landrock, WSRTA President and Royal Penewell, NW-1 Representative and Dr. Pat Hoban, Executive Director of WSRTA as our guests.

November 4th is election day. There are many issues to be decided plus a number of local offices to fill. Please inform yourself and vote on Tuesday.

Our November program will be back at the Edmonds School Board Room. Major Jim Kahlis, retired Air Force officer will present a slide presentation on World War II aircraft. I have seen this program and thought it was great. Maryon Troxel will also lead us in singing some patriotic songs to celebrate Veterans day. Please join us for an enjoyable time.

There are some important changes in the health care plans offered by the Public Employees Benefit Board. Please read carefully the material put out by Washington State Health Care Authority. If you are affected you only have until November 30 to make changes in your health care coverage. The WSRTA Journal also has information on the changes in health care. The sections on our legislative program also are important. Please read these carefully

THOUGHT FOR NOVEMBER:

It has just been discovered that research causes cancer in rats.

Let's keep in touch.

Dave Johnson

NOVEMBER 20 MEETING - PATRIOTIC THEME

The November 20 meeting of Sno-King will be held at 1:30 P.M. in the Board Room of the Edmonds School District Office.

We are looking forward to viewing the slides on W W II's aircraft presented by Major Jim Kahlis, retired Air Force Officer.

It will be fun to remember all the patriotic songs that we enjoyed singing with our classes and are happy to have Maryon Troxel lead us in a Patriotic Sing-a-Long.

Bring your friends for an interesting and enjoyable program as well as the fellowship that we find with our members.

If you need a ride to the meeting, call President, Dave, (425-364-3523) and he will try to arrange transportation for you.

COMING EVENTS

- | | | |
|-------------|---------|--|
| November 13 | 1-3 PM | Sno-King Board Meeting at AARP Washington State Office. |
| November 20 | 1:30 PM | Meeting at Edmonds School District Board Meeting - Patriotic Sing-a-long with Maryon Troxel and a talk by Major James Kahlis (Ret.) |
| December 11 | 1:30 PM | Meeting at Shorewood High School. The Shorewood Orchestra under the direction of Dan Wing will give a preview of their Winter Program. |

SCHOLARSHIP FUND RAISERS

RAFFLE: Lois Grasmick is donating a very unique oak clock that includes a windmill, water tank, ladder - you have to see it to believe it! It will be on display at the November and December meetings and the winning number will be drawn at the December meeting.

ENTERTAINMENT BOOKS: These are still available and will be available at the November meeting. You may also send in one of the coupons below with your check for \$40 made out to Sno-King School Retirees Scholarship Fund. Remember the Scholarship Fund receives \$8 out of the \$40 cost of the books!

VIDEO OF THE "1935 ROCKERS" made at the May Luncheon at the Mill Creek Country Club. \$5 of the \$15 cost will go to the Scholarship Fund. They will be available at the November meeting - or call Walter Barnum, 362-8032 to reserve a copy.

SCHOLARSHIP LUNCHEONS in October and April also raise money for the Scholarship Fund.

DONATIONS BY MEMBERS - a large part of our fund is derived from donations by members given in memory of some family member or friend, to honor someone, or a donation to benefit a deserving student.

Treasurer's Report

Forty-seven members attended the scholarship luncheon on October 16. In addition, three people came as our guests (Barbara Landrock, Royal Pennewell, and Dr. Pat Hoban).

Deposited into the scholarship fund:

Luncheon	\$235.00
Raffle Ticket Donations	45.00
Table Decoration Donations	16.50
General donations	25.00
Entertainment Books	64.00
Total:	\$385.50

(We sold 8 books at the luncheon - our profit is \$8.00 on each one sold.)

We thank all those who have made donations to the Scholarship Fund and made it possible for the increase in the amount we are able to give to each of the 3 recipients.

DONATIONS: To the right is a donation form that you may use to donate to the Scholarship Fund. You might want to honor someone who is having a special birthday or in honor of a special event. Many like to give donations in memory of teacher friends who have passed away. Past donations have made it possible to increase our scholarships from \$300 to \$750 each and we plan next year to increase it to \$1000!

SNO-KING SCHOOL RETIREES' SCHOLARSHIP FUND

The purpose of the Sno-King School Retirees' Scholarship Fund is to assist carefully selected graduating Seniors, majoring in education, from Edmonds, Northshore, and Shoreline School Districts, reach their goals.

Contributions are tax deductible.

Enclosed is a Contribution of \$ _____

As a special gift _____

Or in memory of _____

Or in honor of _____

on the occasion of _____

Please send acknowledgment to:

Name _____

Address _____

Donor's name _____

Address _____

(Make check payable to Sno-King School Retirees' Scholarship Fund. Mail to: Sno-King School Retirees, P.O. Box 33962, Seattle, WA 98133-0962)

Entertainment '98

Buyer's Name _____

Address _____

City _____

Phone _____

Number of Books @ \$40 _____ Amt.\$ _____

Make checks payable to Sno-King School Retirees Scholarship Fund and mail to Sno-King School Retirees, P. O. Box 33962, Seattle, WA 98133-0962.

Entertainment '98

Buyer's Name _____

Address _____

City _____

Phone _____

Number of Books @ \$40 _____ Amt.\$ _____

Make checks payable to Sno-King School Retirees Scholarship Fund and mail to Sno-King School Retirees, P. O. Box 33962, Seattle, WA 98133-0962.

HEALTH SERVICES COMMITTEE - Gordon Bowers, Chair 425-778-9202

GREAT NEWS! University of Washington doctors split livers - Dr. James Perkins, surgeon and director of transplantation services says that by dividing one donated liver, the split liver is used to treat two patients, usually an adult and a child, or two small adults. The split livers grow to normal size in the patient's body. Only livers are used from those under 46 years of age. Last month, about 8,700 people in the U.S. were on the waiting list for liver transplants, and about 15% die while waiting for a transplant. The U of W surgeons performed 67 such liver surgeries last year.

OTHER GOOD NEWS - A new drug can cut Flu downtime by half. The drug, called GG167 (Zanamivir) must be taken soon after flu symptoms start, according to Glaxo-Wellcome, the company producing it. The drug is effective against both influenza types A & B - the only flu pills to so do.

RELIEF FROM PAIN - "Patients with chronic, untreatable pain may be treated in the future with the injection of toxins that kill nerve cells while leaving the rest of the body untouched", says Dr. Patric Mantyh of the University of Minnesota, reported in the Journal of Science, Oct. '97. In the study, his team shut down nerve pain channels by killing specific cells in the spinal cord. Though the technique blocked extreme pain, normal sensations of touch were not affected.

OTHER PAIN RELIEVERS - The State of Oregon has been pioneering programs to care for incurable and dying patients, lessen their pain and suffering. Dr. Susan Tolle, Director of health care ethics at Oregon Health Science University points out that studies consistently show that 40 - 60 percent of nursing home patients nationwide are undermedicated and in pain. To relieve suffering, Oregon has promoted increased use of morphine. The Oregon Medical Association sees the trend as "good news" according to Dr. Jim Kronenberg, Associate Executive Director. Many doctors have been reluctant to use drugs for pain, even for terminal patients.

BLUE CROSS MEDICARE SUPPLEMENTS PLANS E AND J - A MIXUP IN TERMINOLOGY; In September, the WSRTA HEALTH SERVICES COMMITTEE was informed that Blue Cross was dropping plans E and J. That was true, but only for BLUE CROSS MANAGED MEDICAL CARE PLANS E & J.

IF YOU NOW HAVE BLUE CROSS MEDICARE SUPPLEMENT PLAN E OR J, YOU DON'T NEED TO DO ANYTHING WITH THE HEALTH CARE AUTHORITY PACKET "1998 OPEN ENROLLMENT". Your coverage will continue the same, except at a higher cost. If there is any question, call Lyn Felker at Blue Cross - 670-5667.

CAREGIVER WORKSHOP - Representatives of various health organizations met in October to plan for the 1998 caregiver conference to be held June 1, 1998 at the Best Western Executive Inn, Fife, Washington. The 1997 Caregive Conference at that location was attended by 435 health care specialists, AARP/WSRTA and many other health service groups, plus family member caregivers. With nursing home/group home care costing up to \$50,000 per year, many families are rearranging the finances and work schedules to care for loved ones at home, where most prefer to be anyway. AARP/WSRTA HEALTH SERVICES are involved in the Conference that will include specific training on patient care from Alzheimer's to Zoster and everything inbetween, including better care for caregivers, who often are on a 24 hour duty schedule/respite for caregivers, etc. - for more information, call Gordon at 425-778-9202.

MAMMOGRAMS SAVE LIVES - A reminder from Stevens Hospital/American Cancer Society - mammography screening age 40 and older, every year, clinical breast exam every year, monthly breast self exam!

Retiring In The Next Five Years? Attend the Sno-King Retirement Seminars in February and March and see me for consultations, rollovers, and long term care insurance. **Not retiring for awhile**, let me help you accumulate enough money so that you can! **Don Denton (426) 672-6746.**

Acceptance of this advertising does not imply Sno-King School Retirees endorsement of this product or program.



TRAVEL IDEAS AND TIPS

Terri Malinowski

*Justine Wood lined up the programs for the October and November meetings of Sno-King School Retirees before heading out on a long-awaited "fall colors" trip in October. She wandered through New England and parts of eastern Canada.

*For anyone embarked on a similar trip, don't pass up the Canadian province of Prince Edward Island. For that matter, fall colors are magnificent throughout New Brunswick and Nova Scotia in early October, and the driving is easy. A wonderful Northumberland ferry from Caribou, Nova Scotia, crosses to Woods Island, PEI (as the locals term it) in 75 minutes.

A delightful highway wends to Charlottetown, the provincial capital, but it's fun to continue to serene fishing villages like North Rustico, Anglo Rustico, St. Eleanor's or Cavendish (home of *Anne of Green Gables* lore) and stay at a country inn. Some B & Bs close up after the Canadian Labour Day, but a number remain open another month, and reservations aren't necessary. The Green Gables house, lanes, and memorabilia are worth the trip.

In the past, the mainland return up the length of PEI to Borden then carried you across Northumberland Strait in 45 minutes aboard a Marine Atlantic ferry. The ferry docked at Cape Tormentine, N.B. and the drive across New Brunswick to Maine is magnificent. But a soaring new bridge opened in June, 1997, linking PEI with New Brunswick virtually alongside the ferry route. Visitors and residents share mixed feelings about sacrificing the seclusion of PEI for the speedy access now available.

*Phyllis Enger embarked on a three-week dream trip to China in October. The Engers are cruising the three gorges of the Yangtze River before a new dam changes the look of the ancient river forever.

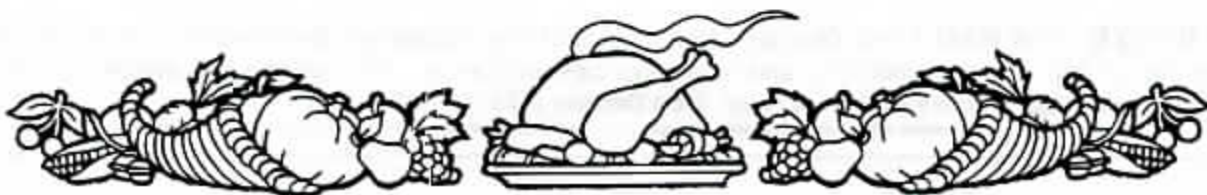
Also on their itinerary are three days in Beijing to see the Great Wall and the Forbidden City, plus 13 other cities including Guilin, Xian, Chongqing, and Shanghai. After the tour, they're staying in Hong Kong an extra week with their son, who works there.

Ask Phyllis about their travel agent, who provided all of this for a very reasonable price including a round-trip flight from Seattle.

*Rita Requa will take advantage of one of those marvelous, budget-wise trips offered by Rick Steves of Edmonds. Rita will spent part of April and May, 1998 on a 21-day "Best of Europe" tour.

*Wes Grande is a Civil War buff; in fact, he belongs to a Seattle-area club of Civil War devotees. The Grandes will be heading to Boston and Washington, D.C. in May for another of his "journeys" into the 1860s.

For contributions or questions, call columnist Terri Malinowski, (425) 483-8344 or email her at terrim@accessone.com



SUNSHINE COMMITTEE - Gayle Bromley, 206-364-1314, Fran Peters, 206-361-8594 - CoChairs

We are sorry to report the death of member Sue Averill on October 17. Our deepest sympathy to her family.

Warren Rowe is suffering from a painful bout with sciatica. We hope he gets well fast - we will miss him at the mailing party!

Irma Bendock has just had angioplasty and is expecting to have open heart surgery in the next month or so, but right now is suffering from a severe attack of strep throat - just what she needs when she has these other things awaiting her - hopefully none of them will interfere with her annual month in Hawaii! Get well soon, Irma.

COMMUNITY SERVICE COMMITTEE - Robert E. Jones, Chair, (425) 787-2727

55-ALIVE - MATURE DRIVING CLASSES

AARP's refresher teaches preventive measures that save lives when driving. \$8.00 materials fee payable at the class. Participants must register through Edmonds Parks and Recreation, 425-771-0230. For drivers 50 and over. May qualify for discount on auto insurance.

\$8.00 materials fee payable to AARP. Participants must register through Edmonds Parks and Recreation in advance, 425-771-0230. Fall quarter classes are: November 12 and 13; December 10 and 11. Winter classes are: January 14 and 15, February 11 and 12, and March 11 and 12, 1998. Classes are held 9:00 AM to 1:00 PM.

MEMBER SERVICE COMMITTEE - Barbara Berg, Chair, 425-483-2671

One of my responsibilities as chair of the Member Service Committee is to keep you up-to-date on information concerning protection from dishonest and illegal activities. I'd like to point out that the FYI report on pages 44 and 45 in the latest WSRTA Journal is worthwhile reading. It addresses the issue of mail fraud and how older Americans can be the target of a lottery scheme. I'd be interested in hearing if any of our members have been victimized in any way by disreputable persons. No, I don't want to have your names but would like to be kept aware of any fraud schemes going on currently in our area. You might send me a memo noting any such activity. Make the note anonymous unless you want me to get back to you.

I can get you a book listing all of the adult care facilities in Washington state. Please contact me if you need such a book.

MINI TRIP TO SEATTLE ART MUSEUM, NOVEMBER 6

Our next mini-trip is being planned for Thursday, November 6. We will meet at the Metro Bus Station south of Northgate Mall at 10:10 AM and take the #307 bus to the downtown Seattle Art Museum to view the Leonardo exhibit. We need to be at the museum before 11:00 for the 11 AM viewing. Please call Barbara Berg, 425-483-2671, if you would like to attend

All ten tickets (\$5.00) have been spoken for but in the 1998 *Entertainment Book* there is a 2 for 1 coupon for the Seattle Art Museum.

Please let Barbara or Roberta know of any Mini-Trips that you would like to take. These are trips we take during the day - 9 am to 3 pm. Barbara can also be reached by e-mail: Bmcborg@aol.com.

Waiting For The State Long Term Care Plan? Don't! It didn't work out. The State was unable to find a group plan which was less expensive or with better provisions than those already on the market. Don't like insurance agents? Try me; I'm an educator, not a salesman. Lots of information, no pressure. Even if you think you have waited too long to plan, call Don Denton (425) 672-6746.

Acceptance of this advertising does not imply Sno-King School Retirees endorsement of this product or program.

NEWS ABOUT OUR MEMBERS

Eleanor Wallis is enjoying her new home - she has a much larger and brighter room for herself, her cat and her computer.

Phyllis and Harold Enger leave for a month in China on October 25 - see more information about their trip in the travel column.

Marilyn Alaniz is enjoying having her daughter and family home again to stay after 4 years of sailing around the world in their sailboat. Having my 3 granddaughters home is Wonderful!

The first of October Maybelle Chapman and the Edmonds Unitarian Church celebrated a big weekend - the 40/90-. It was Maybelle's 90th birthday and the 40th anniversary of the founding of the church in which Maybelle and her late husband, Stuart, were involved.

Clemewell Mackenzie Case, former Music Supervisor of the Shoreline School District has been visiting her daughter, Janet Rawson. She will be moving soon to Minnesota where she will live near the farm of her other daughter.

Lois Hopkins has sold her home and will be moving on November 27 to Irvine, California to be near some of her family. It must really be a seller's market - her home was sold the day it was listed at a higher than listing price! Sorry to have you leave us, Lois. Be sure you look us up when you visit - time it to our meeting time.

News deadline for December Bulletin is November 21, 1997. Send to Betty Odle, 2137 N 86th, Seattle 98103. Phone: 206-525-8276. Please send us news about other members as well as about your activities. If you know of any illness, please contact our Sunshine Co-Chairs, Gayle Bromley, 206-364-1314, Frances Peters, 206-361-8594 (5-9 PM best time to reach her), or President Dave Johnson, 425-776-7298 or Editor Betty Odle, 206-525-8276.

Again, many thanks to those who come over each month to fold, staple and label the newsletters. If you would like to join this happy, hard-working group, call Betty-206-525-8276 or Ellie Bonanno-425-778-0751 or Ruthanne Warren-206-367-0742 to volunteer. We try to get the letter out the last Wednesday of the month beginning at 9:30 a.m. Call Betty before coming in case the printing has been delayed.