

Sno-King School Retirees



September 2003

The SKSR Bulletin

A message from our president

A new year brings new opportunities

by Rachel Lake, 206-362-5611, rk_lake@msn.com



There is something about September that most educators begin to think of a new start, a new beginning and a new opportunity—an opportunity to ignite and generate plans. Such is it for the Sno-King School Retirees' Executive Board.

The planning for this coming year took place this summer when a group of individuals revised the bylaws of our organization. This had not been done since 1996, and even our name has been changed since then! They streamlined the language, considered the number of our meetings and committee structure, and even revised the bylaws of the Scholarship Fund. The Board has approved the two documents, and they will be presented at the first meeting in September for your approval as well. Thanks to these individuals who worked diligently and deliberately with me: Betty Odle, Donna Murrish, David Johnson, Rita Requa, Bruce Caldwell and Ellie Bonanno.

We have wonderful programs planned for you for this year. The Executive Board reviewed all those plans at its retreat on July 24th at my house. The first meeting and program are scheduled for 1:00 PM the third Thursday, September 18th, at Edmonds School District's Board Room, 20420 68th Avenue West, Lynnwood. A good friend, Ed Orsborn, will treat us to "Some Delights of China," reviewed elsewhere in the *Bulletin*. Ed, a former Shoreline elementary teacher, has made more than one trip to this fascinating country and even offered to guide others there before the SARS epidemic which forced its cancellation. We are in for a treat with this updated presentation of China.

Rachel Lake, President
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Bob Jones, Retirement Planning
Rita Requa, Education/Grants
Betty Odle, Historian/Picnic Coordinator
Marilyn Alaniz/Marlene Johnson, Hospitality
Ellie Bonanno/Ruthanne Warren, Phone
Linda Fitzgerald/Keith Lindaas, Scholarships
Mary Ellen Gardiner, Scholarship Correspondent
Winnie Smith/Pat Jones, Sunshine
Jo/Bruce Caldwell, Bulletin Editors

see PRESIDENT on page 10

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

September 11
October 9
November 13
February 12

March 4
April 8
May 13
June 3

PAINTING PAIN?—I can help you

Since retirement almost four years ago and for 25 years before that, we have had the privilege of helping members with their painting needs. References are available from many of them. I would also be happy to help you with your needs. Help is also available to fix some of those small household repairs that need to be done.
We serve the east side and north end of Lake Washington.

For information call

G.F. Moore Painting (Warren)
425-466-2729 or 425-485-4570

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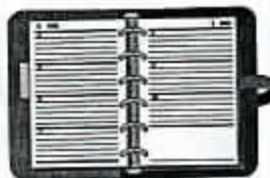
For all your real estate needs call

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MARK YOUR DATEBOOK

Coming Events for Sno-King School Retirees

September 18	General Meeting—1:00 Edmonds School District ESC Ed Orsborn—China Before SARS
October 16	Scholarship Luncheon—12:00 Edmonds Unitarian Church
November 20	General Meeting—1:00 Edmonds School District ESC David Horsey, P-I Cartoonist
February 12	General Meeting—1:00 Edmonds School District ESC Chris Parker, Anger Management
March 11	Joint Meeting with East King Kenmore Church Historical Fashion Tea
April 15	Scholarship Luncheon, 12:00 Edmonds Unitarian Church Norwegian Male Chorus
May (date to be set)	Joint Meeting with Sno-Isle Safeco Field Mariners Baseball Game
July 15	Picnic Edmonds City Park Welcome New Retirees

The SKSR September 18 meeting

Bylaws revisions to be voted upon

by Rita Requa, SKSR secretary

The revisions to the SKSR Bylaws include a number of housekeeping items referring to our state organization, as Washington State School Retirees Association or WSSRA. Changes were also made to allow for co-officers with the addition of "(s)."

The two major revisions were changing the number of meetings from ten to a minimum of six and referencing our dues to WSSRA documents. Therefore we wouldn't have to change our Bylaws every time there might be a WSSRA dues increase.

In keeping with current Roberts' Rules of Order, the "old" Bylaws and Constitution were consolidated into one document, the SKSR Scholarship Fund Bylaws.

The Executive Board of the SKSR constitutes the Board of Trustees of the scholarship fund.

The purpose is the same: to assist carefully selected graduating seniors from Edmonds, Northshore, and/or Shoreline School districts majoring in education reach their goals.

Exact copies of the revisions will be available at the September 18 general membership meeting.



Our feature presentation

Some delights of China



Ed Orsborn will be the

featured presenter at the Sno-King School Retirees' September 18th meeting. He and his wife, Robin Randles, visited China last October before the SARS epidemic, and took many pictures of his second trip to this interesting country.

Ed plans to share some of these delights with us, recounting some of their experiences in the visits to Shanghai, Chunking, Xian (location of the Terra-cotta Warriors), the beautiful province of Guilin, and Beijing with the Great Wall, the Forbidden City, and shopping/bargaining in China.

Ed will bring some artifacts, cricket boxes, tiger caps, a Terra-cotta statue, and tips on bargaining in China.

The meeting will be held in the Board Room of the Edmonds School District Educational Service Center, 20420 68th Avenue West, Lynnwood. It will start at 1:00 PM. Come share this wonderful experience with us!

AARP Driver Safety Program (55 Alive)

AARP's Driver Safety Program (formerly 55 Alive) Mature Driving Class is a refresher course teaching preventive measures that save lives when driving. Pay \$10 materials fee to AARP instructor at class time. Participants register through Edmonds Parks and Recreation, 425-771-0230. Graduates may have a possible discount on auto insurance. Classes meet 9 AM to 1 PM at the Anderson Center, 700 Main Street, Edmonds. For alternate dates and locations, contact Bob Jones at 425-787-2727 or bobjones@premier1.net. Note that the class is a "two-consecutive-days class," which can be selected during the month of your choice.



Fall 2003 dates

September 10-11	November 5-6
October 8-9	December 3-4

Health tips for you

Dealing with pain

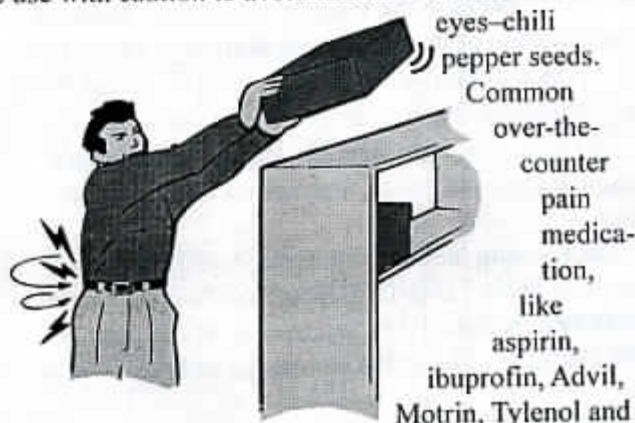
by Gordon Bowers, health chair, 425-778-9202

Pain relief: arthritis in the back

The Mayo Clinic has suggestions for diagnosis and pain relief—the patient should have only x-rays to determine the diagnosis. Cat-scans (CT) or magnetic resonance imaging (MRI) are generally not needed unless the damage is severe. As we age, everyone develops some changes in the spine and neck caused by wear and tear of the spinal column. Pain tolerance varies, causing more pain in some people than in others with the same condition.

Though creams, gels, ointments and sprays on the market may provide temporary relief, of topical pain relievers Aspercream and Sportscream contain a pain reliever, trolamine salicylate, which is effective in pain relief.

Capsaicin cream (Zostrix), though effective, should be used with caution to avoid hot chili contact with



prescription Ultram can relieve pain without the risk of gastrointestinal bleeding.

Mayo recommends that beyond medication, other things you can do can help—low impact exercise such as swimming or walking, controlling weight, using hot or cold packs (cold may be more helpful at first, but heat packs microwaved are better for chronic pain) 15 minutes at a time.

Relaxation is very helpful in reducing the muscle tension back pain. One of the troubles of arthritis is that the pain seems worse after any period of immobility, such as getting up in the morning. Moving about generally lessens the pain, but even sitting for an hour or two may cause several hours of discomfort. Electric vibrators, with heat and relaxation, give some pain relief, but arthritis remains a crippling disease.

Source: *Mayo Clinic Health Letter*, August 2003, pp 1-3.

Latest on meditation

Time magazine writers produced 10 pages on "The Science of Meditation," saying in part that 10 million American adults now say they are into meditation, and classes on it are being filled with upwardly mobile professionals who think they are under greater pressure than the rest of us. Also, meditation is being recommended by more physicians as a way to treat pain, heart disease, AIDS, infertility and depression. It can also be used as a way to train and reshape the brain.



There may be something to it. The Mayo Clinic recommends it for caregivers who are under great stress. The *Time* article gives information on how to meditate, as illustrated by the model on the cover of the magazine. (1) Find a quiet place. (2) Close your eyes. (3) Pick a word, any word. (4) Say it again and again—the monotony will help you focus.

Well, anyway, the pages go on (with drawings) showing how the brain shows how this all takes place, as it has through the ages to mold a better you. Please read and report back to *Time*.

Source: *Time*, August 4, 2003, pp 48-57.

New aspirin

Even though aspirin saves hearts and minds by preventing heart attacks and strokes, continued use of aspirin, even 100 mg or less per day, increases the risk of gastrointestinal bleeding. Now, an experimental pill currently named NCS-4016 is an aspirin form that releases nitrous oxide which helps intestines maintain their protective

**MAK ABULHOSN, DPM**

Physician & Surgeon of the Foot & Ankle

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26234 Pacific Hwy. S.
Kent, WA 98032
(253) 941-0887
Fax: (253) 941-4642

Edmonds Foot & Ankle Clinic
21009 76th Ave. W., Ste. A
Edmonds, WA 98026
(425) 771-5662
Fax: (425) 771-1417



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see HEALTH on page 7

A look back in time

Teaching from the 1930s to the 1970s

by Winnie Smith,



Winnie Smith, one of SKSR's founders and a long-time worker in the association, began her teaching career in 1932. After a ten-year interruption, she returned to the profession, finally retiring in 1975. Winnie has agreed to write about what it was like to teach back then. Many of

us can remember teaching during some of these times, though few go back as far as Winnie.

Winnie wrote this in memory of Emore Linn, born in Denver, Colorado, in 1908 and passed away July 6, 2003, in Shoreline.

My first teaching job began in September 1932, many years ago. There was a red brick building that housed grades 1-8. I was not quaking in my shoes and my knees weren't shaking. It was a very familiar sight. I had been in attendance here for my first eight years of school. The next four years of high school were in another building, from which I had graduated. Going to college I had to learn or unlearn what I had been taught in the primary grades.

Take the word "phonics"—it was not of fashion (a dirty word). You taught sight reading, it didn't slow your reading down, where phonics did. Oh! Well! To me phonics helps in spelling as well. I had come back to my own home town to teach for four years.

Some of you may know, what had gone on before this. There was "The Great Depression," where people were out of work and money was scarce. President FDR had set up a "plan" to get people back to work and off the streets—WPA. Married women could not get a job; they were taking away a man's job.

Traveling with Terri will not appear this month.

Terri Malinowski has not been traveling much lately and will only be doing occasional columns this year. She welcomes information and input from readers and will incorporate their experiences in her writing this year. If you have travel tips or adventures to share, call Terri at 425-483-8344 or e-mail her at terrim1@earthlink.net

I was thrilled to have a teaching job. Sixty dollars a month for 12 months and I was able to live at home, which helped. I was hired to teach music as well as have a 4-5 combination class room.

This room was upstairs and next to the 7th and 8th grades—there was a partition between that could be raised like a shade enlarging the area (this happened quite often—I had 4 classes). In my 5th grade there were 20 children, the 4th grade had 25. All were well-mannered as well as well-behaved. They were ruled by an iron hand—no, just kidding.

They, as well as their parents, were very appreciative of the situation how we, as teachers, were handling the students not having things that were needed such as books and different materials. The subjects being taught were reading, arithmetic, spelling, language, geography, hygiene and writing. Science was not a big topic in grade school at that time. There were some children that didn't have pencils or spelling tablets, etc., so often we would buy a supply so everyone had them.

Much work was put on the board and they would put it in their notebook. There were no radios or television, no calculators, no overhead projectors, no science material, no typewriters, no projectors, no films to show how our ancestors reached the Pacific Coast and certainly NO COMPUTERS.



As for the music, I had several books of my own that had songs that could be taught by rote. The upper grades learned the scales, different notes, rests, etc. Much of this could be put on the board and they would put it in their music note book. For grades 4-8 chorus groups, I would write either to Sherman-Clay or Woods Music Stores in Seattle telling them what I needed and they would send me copies. I could pick what I needed and return the others and pay for what I kept.

The upper grades participated with the other small town schools in the area, in the Spring Song Festival - there were no awards given—just a night of a friendly get-together to listen to all the children sing. In our own school, we put on a Christmas program and other



see WINNIE on page 6

WINNIE from page 5

singing events for the public to come and enjoy. The parents were most appreciative of all we did for their children and the public, in these trying times.

On leaving Napavine, I went to Woodland, Washington, where I received a higher salary, as memory serves me now \$84.00 a month. It just so happened, my Superintendent had moved to Woodland as well. I taught 5 more years for him—9 years in all. We had a register to keep the children's names in—days present and days absent and tardy. This was tallied each month and handed into the principal.

I went to Snohomish in 1941 and taught 4 years for Superintendent P. A. Wright during World War II. Yes I did receive a higher salary. I taught second grade at Central Elementary School. At each school, I found the children well behaved. Once in awhile there would be one trying to cause a rumpus, but not for long. The other children would put him or her straight—we always had our room monitors for a month. I was married while teaching in Snohomish. Women were doing men's jobs. We didn't only teach but after school and at dinners we would register families for food stamps, etc.

I retired from teaching in 1945. I cooked, did house work, laundry, ironed and worked in the yard. When 1956-57 came along the Edmonds School District, which was double shifting, needed teachers and substitutes. In October I was recruited to do subbing—it was an experience I never forgot. The next year, I was in my own room at Esperance, Room 10, and stayed there for 14 years. From 1971-75 I was at Beverly. I then retired for good—31 years in all.

As I pause to think back over the years, the improvements the children have over the earlier ones are significant, but most of this has come since World War II. I think way back when there weren't drugs, gangs, etc. So all in all each generation has a place in our country's history, and children will be children. Most are good, some are rascals.

Winnifred Morton Smith

An afterthought:

I have heard on TV there is a discussion of removing "under God" from our flag salute. I first learned it years ago—when it wasn't in. Years later some one high up thought it should be in. Now someone has a bee in his or her bonnet about taking it out—something to do with religion. I am not holding my breath.

Wisdom from *Peanuts* for peanuts

Something to think about—what really matters in the long run?

The following is the philosophy of Charles Schultz, the creator of the *Peanuts* comic strip. You don't have to actually answer the questions. Just read the article straight through, and you'll get the point.

Try this quiz

1. Name the five wealthiest people in the world.
2. Name the last five Heisman trophy winners.
3. Name the last five winners of the Miss America contest.
4. Name ten people who have won the Nobel or Pulitzer Prize.
5. Name the last half dozen Academy Award winner for best actor and actress.
6. Name the last decade's worth of World Series winners.

How did you do?

The point is, none of us remembers the headliners of yesterday. These are no second-rate achievers. They are the best in their fields.

But the applause dies. Awards tarnish. Achievements are forgotten. Accolades and certificates are buried with their owners.

Here's another quiz—see how you do on this one

1. List a few teachers who aided your journey through school.
2. Name three friends who have helped you through a difficult time.
3. Name five people who have taught you something worthwhile.
4. Think of a few people who have made you feel appreciated and special.
5. Think of five people you enjoy spending time with.
6. Name half a dozen heroes whose stories have inspired you.

Easier?

The lesson

The people who make a difference in your life are not the ones with the most credentials, the most money, or the most awards. They are the ones that care. Pass this on to those people who have made a difference in your life.

Don't worry about the world coming to an end today. It's already tomorrow in Australia.

Charles Schultz

HEALTH from page 4

layers, so the cardiovascular benefits are the same without danger of bleeding. Further tests are under way before marketing the new product. We'll get more information later.

Source: *Harvard Health Letter*, Vol. 28, No. 10, August 2003, P. 7.

How's your body supply of chromium?

Years ago I had a doctor prescribe a chromium supplement, and my regular doctor scratched it as nonsense and commented that it might put a shine on balding heads. Now the University of California updates research on chromium: It's important in processing carbohydrates and fats that make blood sugar available to the cells as our basic fuel. Nobody knows whether the supplements are safe or effective, a puzzle for the medical profession, but some supplements are being sold for weight loss. Ask your doctor.

Source: *University of California Wellness Letter*, July 2003, P. 3.

Take care of the caregivers

According to the Mayo Clinic, more than 15 million Americans care for family members who are ill or disabled. This 24-hour-per-day task can put caregivers under much physical, mental and emotional strain that can shorten the length of their lives. The Mayo staff

points out the caregiver's need for proper diet, adequate sleep, rest, exercise, own medical needs, etc. For more information, call the National Alliance for Caregiving (301-718-8444).

I think that finding time to do any of the above ideal suggestions would be difficult. More appropriate would be, "The hurrieder I go, the behinder I get, and the only exercise I get is running to catch up." But each can take comfort that it is a labor of love.

Source: *Mayo Clinic Health Letter*, July 2003, Vol. 21, P. 6.

NOTE: The South Snohomish County Family Support Center is offering a free six week course (two and one-half hours each) for caregivers. For more information, call 425-670-8984. Also, to take part in a University of Washington Alzheimer's study, or for information, call 1-800-317-5382.

Mental massage

My insomnia is worse. Now I can't even sleep when it's time to get up.

A good time to keep your mouth shut is when you are in deep water.

Birthdays are good for you—statistics show that the people who have the most live the longest.

Retired teacher wins art prize



Newly retired Shoreline art teacher Sheila Theodoratos won third prize, The Derwent Fine Art Pencil Award for Outstanding Recognition (\$500) in the International Exhibition of the Colored Pencil Society of America (CPSA).

This year's annual convention was held in Los Angeles. Works of 130 artists, done in 100% colored pencil, represent the world's best.

Sheila's submission, *Mother 'n Nature*, (framed size 23"x40") is composed of 50 multi-seasonal flora from her childhood in Kenmore, surrounding a portrait of her mother. Three years in the making, it's truly a labor of love.

"I'm excited and validated as an artist," she said, "and it's great that this medium is gaining exposure and acceptance in the art world. The colored pencil artists I've met are so friendly and helpful."

Information about CPSA can be obtained from their website, www.cpsa.org, or from local membership director Teri Hamilton (425-486-0189).



Mother 'n Nature

SKSR Picnic 2003

July 17—Edmonds City Park

A great success

This past July, our annual picnic was held at the Edmonds City Park where many of us gathered to enjoy delicious food, listen to Bob Jones play, and see and greet our friends of past years. The weather was great.

We welcomed our newest retiree, Christy Jenkins, who taught in Shoreline.

Our new state president-elect, Bill Marvin, attended and offered an invitation to become more active in the state organization. He later expressed his appreciation for "a great afternoon with excellent food and wonderful company."

Next year we will again plan to have our picnic at the Edmonds Park. Save July 15, 2004 for that great event!



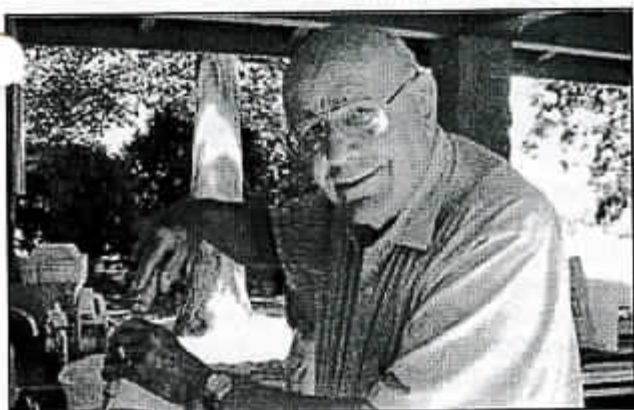
President Rachel Lake receives a gift of appreciation from co-presidents elect Donna Murrish and Ellie Bonanna. Rachel took on much extra responsibility this year due to president Alice Bingaman's illnesses.



Picnics are for eating, and once the food was served the focus changed from being social to being fed. The SKSR board members each oversaw an area of the picnic so that no one person had too large a responsibility.



Picnic chair Betty Odle serves up her famous meatballs to Lynn Nelthropp and Cheryl Bickford.



Retired Edmonds principal Jay Lapp helps stir the meatballs. Jay recently moved back to Lynnwood and has become active with some of the SKSR events.



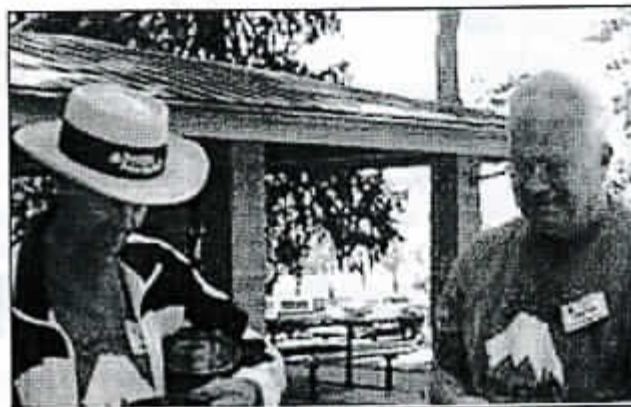
Jim and Maryanne Lockhart enjoy the food and sunshine. A beautiful day helped make the picnic a real success.



Dave Johnson presents Clay Rundle with two tickets to the Husky-USC football game in November. The tickets were donated by Jack Rogers.



SKSR Treasurer Dave Johnson encourages last-minute raffle ticket buying before the drawing. Two tickets to a Mariners game and two tickets to the UW-USC football game were among the many donations to the raffle, which raised over \$200 for the SKSR Scholarship Fund.



Bruce Caldwell gives Dave Johnson his ticket with the winning number for the Mariner game tickets. Sadly, the Mariners were trounced 12-1 at that game on August 1.

Plan to attend
SKSR Picnic 2004
July 15—Edmonds City Park

PRESIDENT *from page 1*

Also, for your information, all meetings will be held the third Thursday of the month except for the months of December, January and June.

Yes, we are ready for you, and we hope you will join us in our activities. I want to extend an open invitation to you to come join us at our meetings, and to become active in attaining our goals for active and retired school employees. We have much work to do in obtaining new membership, working to maintain the scholarship program, giving grants and lobbying our needs to our legislators. I hope I can count on YOU!

Visit our website
www.sksr.org



Visit the state website
www.wssra.org

**SKSR BULLETIN BOARD****Past SKSR president Jack Rogers honored**

Upon the retirement of Grace Cole, the Shoreline School Board established the "Grace Cole Award" for outstanding service to the children, schools and community, in her honor. Since that time they have awarded it twice—once to Grace Cole, circa 1997, and once to Joan Watt, interim superintendent, 2000-2001. Grace Cole was revered as a board member and a state legislator and all that she accomplished for children and her community. The third such award went to Jack Rogers on August 26. Jack was SKSR president during the 200-2001 school year and formerly was an administrator in the Shoreline School District.

Work opportunity while helping others

Data collectors needed for Fred Hutchinson study of high school smoking. Administer surveys in a classroom setting with high school juniors in schools within a 200 mile range of Seattle. Work with a team following strict study procedures with detailed record keeping. This is a part time temporary job of 6-20 hours per week from March 2, 2004, to May 31, 2004. Mandatory training dates are March 2, 5, 9, 12 and April 5. \$11.75 per hour with meals and paid travel time. Contact Maxine Henning at 206 667-5131 or email at mhenning@fhcrc.org.

Your 2004 Entertainment Book is here!

A much-improved Entertainment Book is still just \$30 and is ready for delivery to you. Editions available include North Puget Sound, South Puget Sound, Seattle/Eastside, Spokane/Idaho plus books for all of the states in case you or friends want to order out-of-town editions. Some of the new offers in the Seattle book include EMP-Turntable Restaurant, Experience Music Project, 727 Restaurant, Julla's, The Salish Lodge, Gordon Biersch and Sky Nursery. Also, entertainment.com is back on the block and much easier to use. Visit the site, register your card, and see all of the additional printable offers available. If you order online, be sure to use our account number—131164-6. Sno-King's schedule for selling the books is from now until December 8. So don't wait—order now by calling Donna Murrish at 206-363-5753 or e-mail dmurrish@aol.com. (I will be away from Sept 9-22, so if you call and don't hear from me, don't despair—leave a message and I'll get back to you as soon as I can to make arrangements for delivery of your book.)

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I have several Edmonds district employees as references.

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Membership form for retirees



**Membership for NEW
retirees is critical—
for them and
for the association.**

If you ARE a new retiree, clip
out this form and mail it in.

If you are retired but KNOW
a new retiree, clip out this form
and hand it to him/her, along
with a personal invitation to join
SKSR and WSSRA.

DUES DEDUCTION AUTHORIZATION FORM
WASHINGTON STATE SCHOOL RETIREES ASSOCIATION
4726 Pacific Ave SE, Lacey WA 98503-1216

Please Print or Type

Name _____ Local Unit Number—**23**
(LAST) (FIRST) (INITIAL)

Address _____
(STREET) (CITY) (STATE) (ZIP)

Retirement Plan: (CIRCLE) TRS-1 TRS-2 TRS-3 PERS-1 PERS-2 SERS-2 SERS-3 Phone _____

Month/Year of Retirement _____ S.S. Number _____

Name of Local Unit Sno-King Leg Dist. _____ Cong Dist. _____

I authorize the Washington State Department of Retirement Systems to deduct the following dues and any future increases as voted by the membership from my monthly retirement allowance and to pay such deduction to the Washington State School Retirees Association.

Should I wish to cancel ensuing deductions I will send a **written notification of cancellation** to Washington State Department of Retirement Systems and WSSRA.

DUES: State \$4.00 Local \$1.00 Total \$5.00 per month

Date _____ Signature _____

Remembering . . .

SKSR Members

Emrose C. Linn

Emrose C. Linn was born April 25, 1908, in Denver, Colorado. She died July 6, 2003, in Shoreline.

She was the widow of R. Donald Linn and is survived by her daughter, Margaret Blue, of San Diego, California, grandchildren, Donald, Michael and John Linn, Helena Charters and Robert Blue, and four great-grandchildren.

Mrs. Linn taught in elementary schools in Aberdeen and Shoreline and was a member of Alpha Delta Kappa (national education honorary for women).

A funeral mass was celebrated at the Church of Christ the King.

Remembrances may be made to Alpha Delta Kappa scholarship fund, c/o Carolyn Reid, Treasurer, 312 Highland Drive, Edmonds 98020.

Selena June Roberts



June was born in West Allis, Wisconsin, on June 22, 1924, and died at her home in Shoreline on July 1, 2003.

June postponed college and a career to raise a family, and then taught in the primary grades. She was very proud of her success in introducing young children to reading and creative writing.

She was always a supporter of individual rights, including as an active member of the ACLU, Planned Parenthood and the Hemlock Society.

She is survived by her husband of 60 years, Gordon, four children, seven grandchildren and two sisters.

Friends of SKSR

Mary Hewett

Mary passed away March 20, 2003, at the age of 84. She was a life-long resident of Edmonds.

She worked for more than 27 years as a secretary at schools and the administration center of the Edmonds School District.

Edna Mary McAdams

Edna was born November 18, 1918, in Seattle and grew up in the Seattle area.

Active in the Edmonds School District, Edna was honored as a "Living Legend" several years ago.

Lenore Collins Norris

Lenore died October 16, 2002, at the age of 89. She was born and reared in Michigan, where she learned the skills of a secretary.

After moving to Lynnwood, where she was the first female city employee, she spent many years as a secretary in the Edmonds School District.



Sno-King School Retirees
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HELP US WITH INFORMATION TO PUT IN THE BULLETIN

The deadline for the next newsletter is 8:00 AM, **Sunday, September 14.**

Send news and other materials to

Jo or Bruce Caldwell, PO Box 1117, Edmonds WA 98020, 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, terrim1@earthlink.net, 425-483-8344.

Address, phone or e-mail changes should be sent to **Donna Murrish**, dmurrish@aol.com or 206-363-5753

If you know of illness, please call Sunshine Co-Chairs, **Winnie Smith** (425-778-3979) or **Pat Jones** (425-787-2727).

To help with mailing our next **Bulletin** on **Tuesday, September 30**, call **Betty Odle** (206-525-8276),

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

The Changing Scene

Change of Information

New Members

Pg 18 **Inghram, Margie H**, 20035-106th Ave NE, Bothell 98011, (425) 486-8953

Pg 29 **Parham, Helen**, 1768 Aurora Ave N, #303, Seattle 98109

Deceased

Pg 22 **Linn, Emrose C**, 7/6/03 (Shoreline)

Pg 32 **Roberts, June B** 7/1/03 (Shoreline)

Does Anyone Have an Address for

Pg 20 **Kerr, John E** (Edmonds)

Pg 23 **Lust, Marilyn A** (both summer and winter-addressed newsletters were returned)

Pg 1 **Asbury, Eva E**, 17143-133rd Ave NE #147, Woodinville 98072-3524, (425) 482-2072

Pg 8 **Cox, George R**, PO Box 190, Greenbank, WA 98239

Pg 12 **Fortier, Sharon M**, 3107 Zion Hill Rd, Weatherford, TX 76088-8954

Pg 13 **Glasgow, Alice E**, 12534-15th Ave NE, #11, Seattle 98125-4020, (206) 368-5409

Pg 14 **Greenwald, John P**, 720 Seneca St #105, Seattle 98101, (206) 215-1254

Pg 15 **Harrington, Theresa M**, 4575 Ohio #1, San Diego, CA 92116

Pg 16 **Hiebel, Amy L**, 1002-8th Ave S, Edmonds 98020-4019

Pg 19 **Johnson, David A and Marlene B**, new e-mail address: dama3@comcast.net

Pg 22 **Lee, Ronald H**, 8516-196th St SW #302, Edmonds 98026, (425) 776-5300, Rondee1@comcast.net

Pg 23 **Ludy, Corinne R**, 5854 Capt. Vancouver Dr, Langley, WA 98260

Pg 25 **McClintick, Russell L**, P.O. Box 65, Grayland, WA 98547

Pg 28 **Nolan, Florence (Tish)**, 8514-139th Ave NE, Redmond 98052 (moved across the street)

Pg 30 **Peters, Mary Beth**, General Delivery, Lund B.C. Canada V0N2G0

Pg 33 **Romney, Beverly J**, 6180 Gleneagle Dr, Idaho Falls, ID 83401, BevRomney@aol.com

Pg 42 **Wiitala, Harold and Marge**, 180-2nd Ave S, Apt 151, Edmonds 98020 (425) 775-4280