

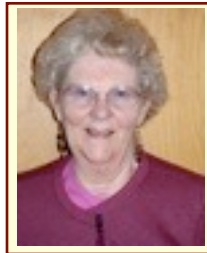
SKSR Bulletin

A message from Our Coordinating Chair Evelyn Nordeen



www.sksr.org

Evelyn Nordeen, Coordinating Chair
 Cheryl Bauer, Secretary/Schl Fin
 Donna Murrish, Treasurer/Mailing/Schl Fin
 Rita Requa, WSSRA President
 Betty Odle, Historian/Luncheons/Picnic
 Rachel Lake, WSSRA PAC Treas
 Ellie Bonanno, WSSRA Legislative/Schl Fin
 Bob Nordeen, Membership/Schl Fin
 Cheryl Bickford, Scholarship/Luncheons
 Bob Jones, Retirement Planning/Web Page/
 Outreach
 Alice Bingaman, Telephone/Scholarship
 Gordon Bowers, Health
 Keith Lindaas, Linda Fitzgerald, Scholarship
 Joan Hertrich, Telephone
 Marlene Johnson, Marilyn Alaniz, Hospitality
 Virg Rayton, Grants
 Erma Snook, Past President/Schl Fin
 Marilyn Dauer, Membership
 Dick Stucky, Don Denton, Schl Fin
 Marion Fyall, Sunshine
 Barbara Berg, Scrapbook
 Dave Johnson, *Bulletin* Editor/Schl Fin



No Time Like Spring

"There is no time like Spring, When life's
 alive in every thing."

Christina Rossetti, **Spring**

My Pacific Lutheran nursing professor, Freda
 Al Peterson, wrote this poem for me entitled
Spring In Lapland.

Birch-trees, in little leaf again, - The tender, little
 leaves of Arctic spring;

The nesting-song, the days of endless sun - The
 doe's warm, fervent mothering.

Reluctant as the chilling winds to cease, - And
 lingering, the dancing flakes of snow

Leave each a tear, and each a light caress - Where
 unborn blossoms will awake and blow.

Blue laughs the water, winking in the light, - Gay in
 their grace, the Lappics proudly swing.

Brave are the birch-trees, tortuous and white; - And
 brave, the little leaves of Arctic spring.

Spring is here! Hurrah. Now is the time to make your
 reservation for the Lynnwood Spaghetti Factory Spring
 Luncheon with Sno-Isle hosting on May 18th. The guest
 musicians are amazing and loud. Looking back, the April
 15th Scholarship Luncheon was a winner. Linda Fitzgerald
 and Keith Lindaas introduced our gifted new winners and
 read updates on our scholars of the two previous years who
 benefited from renewable scholarships. Erma Snook, Past
 SKSR President, received a national award from AARP and
 NRTA for Outstanding Community Volunteerism. Rachel
 Lake presented Dr. Rick Stevenson who introduced students
 via film in such an amazing manner. As he followed these
 young people over time in his non-intrusive manner, one
 could note their inner feelings. What an eye-opener!
 Delightful Shoreline Superintendent Sue Walker was most
 informative about school issues.

See you at the luncheon May 18th! Next is the state
 convention in Yakima in June led by our own Rita Requa,
 WSSR President.

YOU'LL FIND INSIDE

Coordinating Chair's Message.....1
 Calendar of Events.....2
 Joint Meeting w/ Sno-Isle..... 2
 WSSR-PAC.....3
 Health Services..... 4
 Scholarship Winners.....5
 Thank You Letters.....6
 In Memoriam.....6
 Legislative News.....7
 Erma Snook gets Award.....8
 Crisis in Haiti-How You Can Help.....8
 Scholarship Luncheon.....9
 Member Information9 &10

MARK YOUR DATEBOOK

May 18
 Joint meeting w/Sno-Isle
Voices of the Village
 at
 The Lynnwood Spaghetti Factory

June 4 Mariners vs LA Angels
 June 7-9 WSSRA Convention
 July 15 SKSR Picnic

MAY PROGRAM WITH SNO-ISLE 22

If it's spring, it's time to join with our neighbors to the north, Sno-Isle Unit 22, for our treasured annual tradition of a joint luncheon and business meeting! This year on **Tuesday**, May 18th at 11:45 a.m. Sno-Isle is inviting us to the Lynnwood Spaghetti Factory, 2509 196th St S. W., Lynnwood, WA 98036 (up the hill east of Barnes and Noble!)

Call Erma Snook to **RSVP by May 11th** to sign up for your menu choice. The choices are noted in the column to the right. Contact Erma at 425-776-2067 or egsnook@comcast.net

Performing will be the exciting **Voices of the Village**, a performance ensemble who inspires audiences throughout Washington State. This is a group of special needs adults from the Village Community Center, a vocational and residential center. Join us for a great time of camaraderie and friendship! Make your reservation today!

SKSR Board Meetings

1:00 PM,
 Edmonds SD ESC
 20420 68th Ave W,
 Lynnwood
 Everyone welcome!
 April 8,
 May13,
 July 8.

Menu Choices

- i. Spaghetti Marinara - \$10.50
 - ii. Sicilian Meatballs - \$14.30
 - iii. Chicken Marsala - \$15.00
- Fee includes **entree, salad, dessert & choice of drink, taxes & gratuity.**

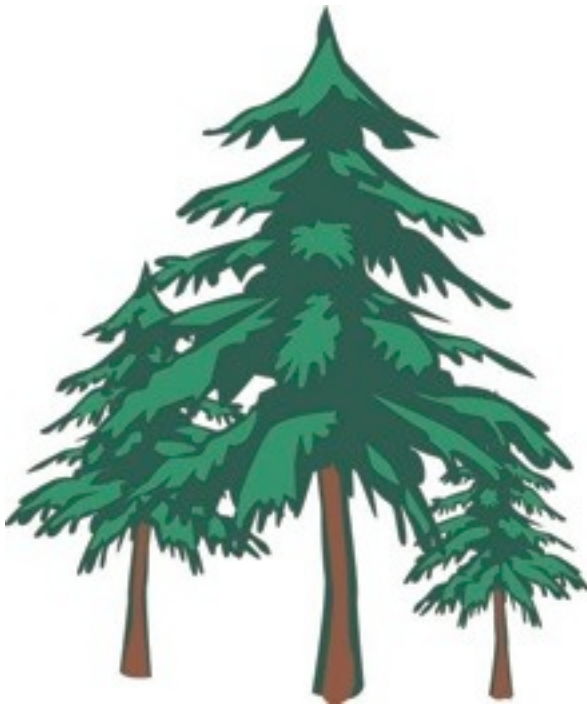
Make checks payable to: **SKSR** and mail to:

Donna Murrish
11227 Goodwin Way NE
Seattle, WA 98125-6540



For all your real estate needs call
Marilyn Irwin
 Windermere Real Estate/GH
 LLC 206-300-4438

Acceptance of this paid advertisement does not imply SKSR endorsement.



Thanks to all 2010 donors!

WSSR-PAC works for all retired and active members.

Please continue donating. You can visit our website

WWW.WSSR-PAC.ORG

Just click on the "Join" tab, print out the form and mail it.

Or you can send it to our treasurer,

Rachel Lake

5003 NE 194th Place

Lake Forest Park, WA 98155

Why we should support the WSSR-PAC

by Jack Rogers

Why should we support the Washington State School Retirees Political Action Committee (WSSR-PAC)? This is a good question that is easily answered. Support for our PAC is an example of enlightened self-interest. Our political action committee was formed to provide influence on legislation that affects pension benefits and other retirement issues. By giving campaign support to those state legislator candidates friendly to our interests, we are working to promote the general welfare of our members.

It is imperative that we have support in Olympia for those issues that influence our quality of life. Who else will speak for us if we don't do it ourselves? WSSRA provides such a voice for us. Our organization lobbies for the passage of positive legislation. We send members regularly to Olympia to talk with legislators about pending issues. This is the chief function of our legislative committee. Additionally, we draft bills and amendments to submit for consideration during the legislative session and we employ professional lobbyists to assist with this task. Our dues help finance the costs of these efforts.

The other essential element to this whole process is campaign support to candidates seeking state office. If we can promote candidates who are supportive of our issues through our financial support, time, and effort, we enhance our chances of success.

However, by law we cannot use member dues money for political campaigns. Funding for campaign purposes must be raised separately through a PAC. These funds must be held and expended by a committee of volunteer members. Legally our PAC must be considered a separate entity from WSSRA. For that reason, voluntary contributions must be solicited from our members. It is a truism that money and personal effort are what fuels campaigns. Money talks! If we are ever to increase our ability to influence the outcomes of the legislature, we must be able to contribute meaningfully to campaigns.

I encourage you to support WSSR-PAC annually.

Jack Rogers

HEALTH SERVICES

by Gordon Bowers

A Wealth of Information for Your Health:

Though targeted to men, the partner in life should share the advice from a group of doctors at Northwest Hospital, Seattle. They reviewed what men should do to age gracefully. They agreed that number one is to establish a good care relationship with a physician you can trust, and number two is to gather a complete family medical history. This information pinpoints your risk of heart disease, diabetes, prostate, colon cancer or high cholesterol, etc. Discuss the family history (and give a copy) so your doctor can know you are at greater risk and can be alert to advise you on preventative health care.

For the young who say, "Nothing's going to happen to me", urge them to think of physical exams like tuneups for your car, advises Dr. Lacambra, family practitioner at Olympic Medical Center. He says, "If you get them regularly, you will be able to catch something before it becomes a big problem later on".

Age 40 is a time of increased concern for health, get a few tests - vision, cholesterol, etc. but at age 50 and beyond, be alert to what is happening to your body. Dr. Vara Kraft of the medical center says, "By this age, men should have routine colon cancer screenings, know their cholesterol levels and should be screened for diabetes". Dr. Kraft cheers us with this advice, "Don't just accept that you are getting older. Fifty is young. Be your best at any age".¹

Genetic/Worldwide Research Update: The SKSR November '09 *Bulletin* had a brief article on Seattle's Institute for Systems Biology (ISB) and the goal of identifying defective genes that cause cells to malfunction and cancer to develop. ISB is working to identify drugs that will target the problem and provide treatment before cancer grows.

A Seattle Times front page update article and photo of founder Dr. Leroy Hood, along with revenue sources for the non profit company were all covered in the April 6, 2010 issue. Drs. Hood and Alan Aderem of ISB are being recognized worldwide as the leaders of research in systems biology. As an example of their successes, the small country of Luxembourg chose to contract \$100 Million with ISB to produce a study of genomes in 100 Luxembourgers to identify variations linked with diseases and drug response. Watch for more from ISB that has made an amazing record for only 10 years in business.²

Thyroid Problems Can Sneak Up on You:

Women have thyroid disorders about five times more so than men and it increases with age, according to Dr. Elizabeth Smoots, medical column writer. She points out that it is difficult to diagnose or unable to at all.

This tiny gland in your neck regulates your metabolism, can affect your health from head to toe; an under active thyroid can cause fatigue, depression, weight gain, dry skin, hair loss, hardening of the arteries and other problems. A simple blood test can diagnose most thyroid problems. Ask your doctor!³

*Gordon's note on thyroid - Edith and I have taken Lev0thyroxine 75mg a pill the size of a grain of wheat, daily, no problems.

Chuckles: My insomnia is worse, now I can't even sleep when it's time to get up.

Doctor, I'm worried about Alzheimers; I'm getting very forgetful What should I do? Doctor suggests "Pay me in advance". Source memory file.

1 Group of Doctors, *Northwest Hospital Med Info* April 2010 p. 7-8

2 Doughton, Sandi, Science Reporter, *Seattle Times* April 6, 2010 p, 1 & 15.

3 Smoots, Elizabeth, Thyroid Disease, A Sneaky

CONGRATULATIONS!!! Our 2010 SKSR Scholarship Awards Winners:

Natalie Andrews, Woodinville HS Allison Fasnacht, Shorecrest HS
Wade Mendisabal, Scriber Lake HS Nicole Swenson, Shorecrest HS

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

Natalie plans to attend Westmont College in California and become an elementary school teacher. At school she has been involved in Link Crew (Leader), Varsity Basketball, Marching and Concert Bands and National Honor Society. Community Activities include Cascade Youth Symphony, Bible Study Fellowship and Sunday School Teacher. Natalie's teachers state: "She is very goal oriented and that she accomplishes these goals. She has a sharp, clear mind and articulates very well and that she is fierce and unafraid to argue a point not popular with the class which brings a great diversity of ideas to discussion". Natalie's HS Counselor writes that she is responsible, caring and compassionate; an intellectually curious young woman with character. She is in the top 1% of her class.

Allison is planning on attending Western Washington University majoring in history with the goal of becoming a high school teacher. School activities include Link Crew Leader, Marching and Concert



*L to R Nicole Swenson, Natalie Andrews,
Allison Fasnacht, Wade Mendisabal,*

Band, teacher's aide at an elementary school, Varsity Girls Gymnastics and Varsity Boys Wrestling Teams. Allison has been involved with her 4-H group for many years. She is also very involved with her Church and has volunteered with the Tent City homeless community, home rebuilding for flood victims in Chehalis and home restoration for native Americans in California. Teachers make note of her intelligence, her hard work and her sincerity and state that she is an extraordinary person with admirable character.

Wade plans on attending Shoreline CC where he is a Running Start Student at present and then transferring to Evergreen State College. He knows he wants to work in education either as a teacher or school psychologist. At school he has been involved in the outdoor survival class

(INSTEP) and went to Costa Rica to help save the endangered leatherback turtles. Teachers comment on his natural leadership, his being a sensitive individual with a warm heart, his persistence and his ability to overcome obstacles on his way to maturation. Wade states that if he became a social studies or history teacher he would like to work in an alternative high school because of how the experience at Scriber Lake has helped him.

Nicole is planning on attending Western Washington University and majoring in elementary education. At school she has been involved in Varsity Volleyball (Senior Captain), National Honor Society, Junior ASB Senator and Homecoming Court. She has played on club teams outside of school in both volleyball and soccer. One of her teachers comments: "Nicole is a model student, not only academically but also in terms of her giving back to her school and her community". Her Art Teacher adds that she often develops her work above and beyond the requirements outside of class time, and her creativity and craftsmanship technique is superior.

Our capable scholarship committee is, Linda Fitzgerald, Keith Lindaas, Alice Bingaman, Lynn Nothdurft, Cheryl Bickford, and Dave Johnson.

Scholarship Recipient Thank You's

I am honored that I was accepted among the scholarship winners! It was a joy to be at the luncheon and be able to meet with everyone. I am excited for school next year! I cannot wait to be a teacher! It is so amazing to be able to know the difference you can make in the world. This scholarship has made a huge difference. And has helped me to be able to pursue my dreams and ambitions. I would like to give everyone a big thank you and hug!

Sincerely, **Natalie Andrews**

Thank you for believing in me and choosing me as the recipient of your scholarship. I feel very fortunate to know that I can continue with my educational goals, with your help. Without your financial assistance, this would be a challenge for me.

My career goal is to enter the field of education as a high school teacher of history/social studies. I will earn my AA Degree from Shoreline CC where I am currently a Running Start student. My plan is to then earn my Masters of Education from Evergreen State College in Olympia. My goals are set and I am looking forward to pursuing my goals.

Thank you again for your scholarship. I appreciate your help and this means more to me than you know.
Sincerely, **Wade Mendisabal**

In memoriam

John Tracy passed away on March 28th. He served in the Navy, in the South Pacific in WWII. He taught in Spokane and Shorecrest High School, becoming the chair of the English Department and also taught evening classes at Shoreline Community College. He will be missed.

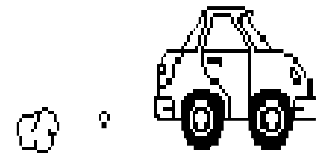
Stewart "Stu" Smith, age 88, died March 26, 2010 in Wenatchee, WA. He was a teacher, coach and supervisor of Plant Facilities and school construction from 1948-1978. He was a Navy Seal and played pro football. He was selected as a "Living Legend" for Edmonds School District in 1985.

Emilie Waterman passed away after along struggle with cancer. She worked for many years in the Shoreline School District. Her warm loving spirit will be missed by her many friends.

Martha Becker died peacefully in her sleep. She was an inspiration to all who saw how courageously she accepted her diagnosis of brain cancer. She had a thirty year career in social work. Her late husband Jim was a past president of SKSR.

Ron Belcher a beloved retired Northshore School District principal died April 10th. Mr. Belcher and his wife Elaine bravely faced his Amyotrophic Lateral Sclerosis (Lou Gehrig's Disease) with considerable courage. He lived almost five years with this tragic disease and was able to do as much as possible as time progressed. He will be deeply missed by all who knew him.

AARP's Driver Safety Program (55 Alive)



AARP's *Driver Safety Program (formerly 55 Alive) Mature Driving Class* is a refresher course teaching preventive measures that save lives when driving. Pay \$12 (AARP members, \$14 non-members) materials fee to AARP instructor at class time. Participants register through Edmonds Parks and Recreation, 425-771-0230. Graduates may have a possible discount on auto insurance. Classes meet 9 AM to 1:30 PM at the Anderson Center, 700 Main Street, Edmonds. For alternate dates and locations, contact Bob Jones at 425-438-2727 or bobpatjones@verizon.net. Note that the class is a "two-consecutive-days class," which can be selected during the month of your choice.

Summer 2010 dates

June 22 & 23
No Classes
July & August

Legislative Report

by Ellie Bonanno

On April 1, Governor Gregoire signed SSB 6584, *Monitoring and reporting customers complaints and appeals to the State Health Care Authority*. Present at the bill signing ceremony were WSSRA representatives Rita Requa, president, Ester Wilfong, Legislative Committee Co-Chair, Ed Gunion, executive Director, and Leslie Main, Legislative Coordinator. They were joined by Senators Karen Fraser (D22) and Karen Keiser (D33) as well as representatives from the Retired Public Employees Council.

Congratulations and thanks to all of you for your efforts in passing this bill.

E2SHB 2617, *Eliminating Boards and Commissions*, passed but the Select Committee on Pension Policy (SCPP) was retained in the enacted version of the bill. This commission is very important to us as it gives current and future retirees a forum to have their pension concerns addressed. We were thankful that the SCPP was not

included in the final bill.

There is great concern about the full funding of Washington State's to Plan 1 and Plan 2/3 pension systems. Our state treasurer feels we will need an amendment to force the legislature to fully fund the system. Watch for more information on this important concern.

Even though the Legislature is adjourned (finally), we need to keep in contact and voice our concerns. I also hope that more people join the telephone tree as it is important to put pressure on our representatives. We activated it three times during this session.

Do call Ellie Bonanno, 425-778-0751 to say you'll join in contacting those in Olympia.

Time In The Garden

Are you ready to make your gardening easier? Do you want a "green" approach? Maybe you desire seasonal/year round color? Have your plants been incorrectly pruned and look it? Every project is unique to the home owner's sense of style and their requirement for use. My philosophy is less is more. It is not how much you put in but what you put in that makes and creates a special outdoor space. All this—so you can better enjoy your time in the garden!

Landscape services:

- *Personal Designs
- *Unique Containers
- *Revitalize Mature Landscapes
- * Horticulturally Correct Pruning
- *Garden Coach for the Do-It-Yourself Gardener
- *Emphasis on Low Maintenance, Drought Tolerant Plants



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

Krist Sharpe 425-745-8526 kjsharpe@yahoo.com
Landscape Designer—Retired Shoreline Teacher

Acceptance of this paid advertisement does not imply SKSR endorsement.

PAINTING PAIN?—I can help you

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

For information call

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

Acceptance of this paid advertisement does not imply SKSR endorsement.

For rent: Scottsdale Condo

1 bdrm, furnished near Old Town pool, jacuzzi, laundry
Jan.-Mar. \$850.00 month

425-788-3292 or 206-601-8733

Acceptance of this paid advertisement does not imply SKSR endorsement.

CRISIS IN HAITI: HOW YOU CAN HELP

AARP has requested our help financially so that Haiti's older victims are not left behind. Originally a plea was extended to ask AARP members to contribute to their matching gift goal of \$500,000. It was met in a few days! The need is still so great they continue to reach out to ask for donations for the desperate older victims of the devastating earthquake. AARP is covering all administrative costs, so 100% of your donations go directly to on-the-ground help for older earthquake victims.

To the vulnerable older victims, your contributions will help provide emergency medical care and take those most seriously injured to nearby field hospitals. Critical food and water is distributed. Plastic sheets for a basic shelter for older people made homeless by the earthquake are purchased. Also supplied are hygiene packages with soap, detergent and toothpaste for older people and their families as well as holding buckets to access water.

Most of the elders in Haiti live in extreme poverty. To add to the tragedy, the Aids epidemic means that many older people are the primary caretakers of their grandchildren.

To donate by check, mail your contribution to AARP Foundation, Haiti Relief Fund, P. O. Box 93207, Long Beach, Ca. 908709.

To give via online, the address is:

<http://www.aarp.org/makeadifference/giving/haiti/?cmp=RDRCT-URG_HATI_SUP>

NATIONAL A. A. R. P. AND R. E. A. COMMUNITY SERVICE AWARD

Erma Snook, past President of Unit 23 Sno-King School Retirees and N. W. 1 Coordinating Council Chair received a National Award at the April 15th Scholarship Luncheon. Erma received the A. A. R. P. and R. E. A. Community Service Award for outstanding service performed in 2009 for efforts in raising funds for senior high school students college scholarships and teacher mini grants. Mrs. Snook was in charge of planning money making projects and programs. Only twenty-four such awards were given in the United States, and just one award was granted in Washington. Presenting the certificate, pin and roses were Rita Requa President of Washington State School Retirees and Evelyn Nordeen, Chair of Unit 23.



L to R Erma Snook, Evelyn Nordeen, Rita Requa

Affordable Living for Exceptional People

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

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

Phone: 425.402.9606



Affordability—Comfort—Beautiful Setting



17502 102nd Avenue NE
Bothell, Washington 98011





Dr. Rick Stevenson

Dr. Rick Stevenson

Sno-King members were treated to an unusual visual presentation given by Dr. Rick Stevenson at the April 15th Scholarship Luncheon. Rick usually spotlights various young teenagers as they begin their maturity in many different ways. His focus with them lasts over several years, and he allows his viewers a tremendous insight into their most difficult inner feelings as they deal with their own special needs and problems. At the meeting one such video focused on a young boy and girl dealing with the death of their mother, their personal guilt, and how time allows them healing. A second one focused on two boys who had to deal with their place in a family, their conflict between themselves, and

how they overcame their deep negative feelings for one another. Rick provided the audience a rare introspective view of problems faced by these young people, one that adults are rarely given an opportunity to see. These were part of an ongoing mission he plans to carry on in the future. (See <http://thefilmschool.com> and www.rickstevenson.com for more about the “Mission 1, the 5000 Days Project.”)



Sue Walker

Sue Walker

Shoreline School District Superintendent Sue Walker spoke to the membership. She was most informative about school issues presenting a picture of the present status and goals of education in Shoreline. She spoke about the importance to the district of passing the levies and bond issue and how passing the state's budget might affect Shoreline. Her pleasant informal manner was well received by everyone

Thank you very much for your donations and memorials to the Scholarship Fund:

Welcome New Members:

Broughton, Stephanie Z.
Clark, Willy V.
Faucette, Jacquelyn.
Felt, Carolee J.
Gordon, Kathleen R.
Hall, Craig D.
Johns, Donna Rae.
Johnson, Kathleen H.
Lesh, Paul
Patterson, John R.
Rice, Edward F.
Scheffer, Cheryl.
Sutherland, Nancy N.
Walzer, Jill A.
Wolfington, Mike

Memorials:

SKSR in memory of James Freng, Ed Aliverti, Eileen Langford, Emilie Waterman, Robert Plaisance, Martha Becker, John Tracy, and Stuart Smith.

Rachel Lake in memory of Margit Christensen
Ellie Bonanno in memory of Ed Aliverti
Betty and Bill Martell in memory of Ed Aliverti
Phil & Georgia Elvrum in memory of Ed Aliverti
Betty Odle in memory of Eileen Langford
Marilyn Irwin in memory of Nancy McNamee
Mary Ellen Gardiner in memory of Katherine Pedrick

Donations:

Jim Siscel Roberta Hawkins



**NON-PROFIT
ORG
STANDARD
U.S. POSTAGE
PAID
Permit #6835
Seattle, WA**

HELP US WITH INFORMATION TO PUT IN THE BULLETIN

The deadline for the next newsletter is 8:00 AM, **Friday June 18**

Send news and other materials to

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

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

If you know of illness, please call Sunshine Chair, **Marion Fyall** marionkf@comcast.net or
425-776-5297

To help with mailing our next Bulletin on Monday, **June 28**

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

Address Changes:

Pg 11 Atik, Darlene M. 636 Daley St #3, Edmonds 98020-3024
Pg 19 Childs, Arthur L. 8709 Rivercrest Ave, Everett 98208-3555
Pg 36 Jones, Lucille M. 17143-133rd Ave NE, #356, Woodinville
98072-4314
Pg 38 Knox, Jennifer. 17426 Bothell Way NE, #A307, Bothell
98011-1951
Pg 39 Langerud, Jeanine A. 201-3rd Ave N, Apt 105, Edmonds
98020-3168
Pg 42 Lunnum, Lena D. 8330-276th Pl NW, Apt 6, Stanwood
98292-5946
Pg 52 Paulson, E. Chris PO Box 986, Chelan, WA 98816-0986
Pg 58 Schille, Thomas A. 1654 Columbia St, San Diego, CA
92101-2502

Deceased:

Pg 13 Becker, Martha C. April 12, 2010
(Shoreline Dist)
Pg 53 Plaisance, Robert J. February 19, 2010
(Edmonds Dist)
Pg 61 Smith, Stuart H. March 26, 2010
(Edmonds Dist)
Pg 65 Tracy, John P. March 28, 2010
(Shoreline Dist)
Pg 67 Waterman, Emilie March 19, 2010
(Shoreline Dist)