Sno-King
School Retirees

April 2004

www.sksr.org

The SKSR Bulletin

A message from our president

A personal message about our organization

by Rachel Lake, 206-362-5611, rachelmlake@comcast.net

This month I would like to concentrate on thoughts about our organization and what it means to belong. As I look over the directory of over 1,200 members, I see so many of the names of people I know. Without this directory, and the labels that are pasted on at the mailing parties each month, I would tend to forget the wonderful experiences and memories I have had with so many of the people. That directory is invaluable, and those are the names of the people who also care about keeping in touch with each other and want to be members by paying their dues each year.

The mission and the goals of the organization are worth my time and effort of supporting. Of special importance are these to:

- develop, propose and implement action that will benefit all school retirees.
- propose legislation and legislative action that will enhance school retirees' lives.
- support and communicate to members the activities WSSRA, NRTA, AARP, Congress and other entities that affect retired school personnel.
- communicate with members about services provided by WSSRA such as providing proactive legislation, representing membership, publishing *The WSSRA Journal*, sponsoring retirement planning workshops, facilitating social interaction among members, and sponsoring the WSSR-Foundation which provides money for scholarships.

As leaders we need to make opportunities to implement each of these goals.

see **PRESIDENT** *on page 5*

Rachel Lake, President
Alice Bingaman, Past President
Ellie Bonnanno, Co-President-Elect
Donna Murrish, Co-President-Elect
Jack Rogers, Legislative
Rita Requa, Secretary
Dave Johnson, Treasurer
Terri Malinowski, Communications
Bob/Pat Jones, Community Service
Donna Murrish, Directory
Gordon Bowers, Health Services
Barbara Berg, Scrapbook
Don Denton, Membership Expansion
Bob Jones, Retirement Planning
Rita Requa, Education/Grants
Betty Odle, Historian/Picnic Coordinator
Marilyn Alaniz/Marlene Johnson, Hospitality
Donna Murrish, Mailing
Ellie Bonanno/Ruthanne Warren, Phone
Linda Fitzgerald/Keith Lindaas, Scholarships
Mary Ellen Gardiner, Scholarship Correspondent
Gayle Bromley, Membership Services
Winnie Smith/Pat Jones, Sunshine
Jo/Bruce Caldwell, *Bulletin* Editors

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www.sksr.org

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

April 8
May 13
June 3

The Legislature at work

Significant WSSRA gains

by Jack Rogers, legislative chair

The success of WSSRA lobbying has been seen in the progress of the $1,000 minimum monthly pension bill which has been working its way through this year's legislative session.

"It's not over till it's over," said Yogi Bera, but after a two-day lobbying effort by our state legislative committee February 25-26, it looks to us like the minimum pension benefit bill will pass and be sent on to the governor.

The Select Committee on Pension Policy, made up of legislators and members of the pension system, has set forth an agenda for its meeting this summer. All items will then be considered for some kind of recommendation to next year's legislature. It reads like a school retiree's wish list: COLA improvement, gains-sharing, health care premiums, adequacy of purchasing power.

Realistically, not all wishes get granted, but this is the first time we have had a voice to at least consider needed improvements. Representative Steve Conway, this year's SCPP chair, spoke to our state legislative committee, February 26. He said, "This was the first time, pension planners have chosen to consider the needs of the pension system, and not the needs of the state budget." His words are encouraging.

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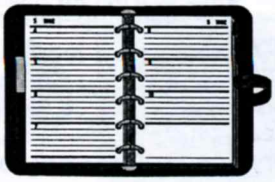

MARK YOUR DATEBOOK

Coming Events for Sno-King School Retirees

April 15 ..... Scholarship Luncheon, 12:00
Edmonds Unitarian Church
Norwegian Male Chorus

June 5 ..... Joint Meeting with Sno-Isle
Safeco Field
Mariners Baseball Game

July 15 ..... Picnic
Edmonds City Park

Our April 15 Meeting

Sno-King's Norwegian scholarship luncheon

by Rachel Lake, SKSR president

We hope you and your friends will join us for our Spring Scholarship Luncheon which will be held at Edmonds Unitarian church beginning at noon on Thursday, April 15th. The church is located at 8109 224th SW in Edmonds (just west of the old Esperance Elementary school). The awarding of four $1,000 scholarships for students in Edmonds, Shoreline and Northshore is one of the most important activities of our Sno-King School Retirees. For several years now we have been able to give at least one scholarship to each of the school districts in our unit. These are in addition to the state scholarship that a student in each region in the state receives. These students are very outstanding and merit our consideration and support. We are happy to be able to award them.

Our entertainment for the event will be performed by the members of the Seattle Norwegian Male Chorus, under the direction of Dr. Alf Knudsen and G. Robert Johnston. This musical group gathers once a year at the Pacific Coast Norwegian Singers' "Sangerfest" with other choruses from Tacoma, Bellingham, Skagit Valley, Everett, Poulsbo, Salem, Eugene, Oakland, Sacramento, San Diego and San Francisco.

In 2000, over 170 male singers and guest Norwegian pianist, Einar Steen-Nokleberg, performed in Benaroya Hall in Seattle. Since that time conventions have been held each year hosted by one of the groups. The Seattle group has been in existence for 114 years and has about 50 members. We will hear music in both English and Norwegian from some of the men who can attend during the day.

Following that theme, the $5 luncheon will include salads, desserts and Norwegian cuisine. If you haven't had a chance to sign up to bring a salad or cookies (the Norwegian cuisine will be provided), please call **Cheryl Bickford (206-363-2731) or Betty Odle (206-525-8276)** by **Monday, April 12th**. You will also need to make reservations with Cheryl and Betty as they need to know the number of people to expect.

If you are not able to attend the luncheon but would like to support the scholarship fund, you can make a donation to the Sno-King Retirees Scholarship Fund and mail it to Sno-King School Retirees, PO Box 33962, Seattle, WA 98133-0962.

We will look forward to seeing you at this special event.

Visit our website
www.sksr.org

AARP Driver Safety Program (55 Alive)

AARP's *Driver Satefy 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.

Spring 2004 dates

April 28-29
May 26-27
June 23-24

Health tips for you

What happens when you stub your toe?

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

Inflammation–new insignts on this disease

When we have a cut finger, stubbed toe or other minor injury, our body defenses rush to fend off disease-causing bacteria, viruses or parasites. Tissue around the injury swells and turns red. The invader is destroyed, and any affected surrounding tissue gets healing help.

Occasionally, the inflammation does not disappear for all people, and inflammation becomes chronic, travelling through arteries to other organs. When this occurs, your good friend, inflammation, can become your enemy, fighting your body defenses. This was covered in the *SKSR Bulletin* in April 2003, page 4. A summary of that *Johns Hopkins Medical Letter* of March 23: For many years cholesterol blood test readings have been a good indicator of heart problems, but about half of all heart attacks occur in people with normal or even low cholesterol levels. Lowering cholesterol levels remains a primary goal, but an additional blood test traces a molecule called C-reactive protein (CPR). This protein is a marker of low-level inflammation in the body and appears to be a better predictor of heart disease. A combination of high cholesterol and C-reactive protein can increase the risk of heart attack or stroke by sevenfold, according to the Johns Hopkins study.

Now, a year later, we have much more information on this puzzling medical challenge that Dr. Paul Ridker, cardiologist at Brigham and Women's Hospital, had begun research in the early 1990s searching for a blood test clue for the half of all heart attacks. *Time Magazine* has an excellent eight-page essay. Please read about the many companies already marketing anti-inflammatory drugs, searching for additional benefits for treating Alzheimers and other diseases. Even aspirin is being tested for anti-inflammation effect–reducing inflammation in the colon and brain. Treatment for inflammatory problems is mostly very low-cost: aspirin (5 cents), exercise, low-fat diet, fruits and veggies and good oral hygiene are recommended, but ask your doctor.

Source: *SKSR Bulletin*, April 2003, P. 4 and "The Fires Within" by Christine Gorman and Alice Park, *Time*, Apirl 23, 2004, pp 38-46.

Avoiding indigestion

Avoid fatty, fried or spicy foods; citrus fruits; caffiene; alcohol and carbonated sodas. Avoid large meals and eat smaller ones more frequently. Chew food thoroughly. Avoid lying flat for at least two hours after eating. If you smoke, STOP. Exercise before a meal and wait an hour after. Manage stress and see your doctor if all this doesn't work.

Source: *Mayo Clinic Health Letter*, March 2004, Vol. 22, No. 3, P. 3.

Helpful news–avoiding cancer

No responsible research organization has claimed a magic pill for cancer, but the American Association for Cancer Research (AACR) has some specific suggestions for preventing cancer. The findings are preliminary, and further research is under way.

Exercise lowers breast cancer risk, but nobody knows why. Guesses are that exercise reduces tissue density (mass). Density is a well-defined risk factor as determined by a mammogram test. In the studies, women who exercised more had less dense breast tissue.

Aspirin protects agains colon cancer and reduces the risk of polyps, but nurses who took aspirin in a 20-year study found a surprise–their risk of pancreatic cancer increased. Researchers speculate that aspirin might raise cancer risk in other tissues. Ginger is considered a powerful tumor medicine in many parts of the world, but studies by the University of Minnesota reported that mice in the experiments developed tumors, only smaller than the control group.

Green tea has been studied as having links to cancer prevention, but other researchers show more positive links and caution that obesity, smoking, excessive alcohol or other drugs and chemicals are carcinogens that are more likely to cause cancer.

Source: *Harvard Health Letter*, January 2004, P. 4.

YOUR HANDY-DANDY MAN AND AUTO BODY REPAIR
is just a phone call away.
I have several Edmonds district employees as references.
Call **John Casebeer** at **425-672-7087**
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Ways to avoid a stroke

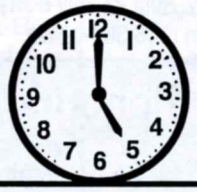
A brain hemorrhage is like a heart attack except that it occurs in the brain, and the symptoms are different from a heart attack: It comes on suddenly, often to one side of the body, there's frequently a loss of vision in one eye and there's usually a sudden weakness or paralysis on one side. There may be difficulty speaking, disorientation, confusion, memory loss, dizzyness, loss of balance or coordination, or a splitting headache.

Prevention includs being aware of your blood pressure. Chronic high blood pressure is the cause of strokes. If you smoke, STOP. Follow a heart-health diet–fruits and veggies, whole grain, low fat. Keep weight at a healthy level, and exercise enough to work up a light sweat three times a week. Control cholesterol levels, ask for a test and drugs if needed. If your doctor says so, take aspirin.

Source: *University of California Wellness Letter*, November 2003, Vol. 20, No. 2, pp 4-5.

Mental massage

My doctor told me that jogging would add years to my life. I believed him. I went out and jogged, and I feel 10 years older already.



Time is a great healer. That is why they make you wait so long in the doctor's office.

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)
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PRESIDENT *from page 1*

We are linked to the state organization which provides an unique opportunity of keeping us informed through the WSSRA *Journal* (editor Jo Caldwell–our own), the regional Northwest #1 meetings held three times a year in Mount Vernon (Rita Requa will be the regional NW#1 chair of these four units next year) and the annual convention. Several of us (15-20 people) attend the state convention each year (this year it will be in Wenatchee, June 7-9) with all expenses paid by our local organization. We represent you there, and it's up to you to let us know what you want done at the state organization. If you would like to go to the convention, contact me (206-362-5611). Jack Rogers and Bob Jones represent us on WSSRA committees.

Finally, Sno-King is an active unit which provides at least eight general meetings throughout the year. The Sno-King board plans and approves the programs for the coming year at its annual retreat held in July or August. Each new president or co-presidents of our group develops plans for the coming year and implements new ideas. It's amazing how many of our board members stay involved year after year and help carry out the activities of this organization.

The dedication of people like Betty Odle, Winnie Smith, Dave Johnson, Rita Requa, Bruce Caldwell, Jo Caldwell, Bob Jones, Jack Rogers, Donna Murrish and others whose names are shown on the cover are to be congratulated and thanked for all the work they do. In addition, we have 18-20 people each month gather to send out our *Bulletin*. We need new leadership and welcome your participation. For next year, contact Donna Murrish and Ellie Bonanno, our 2004-2005 presidents, to help carry out our own mission.

Yes, this organization needs YOU and your membership to help carry out all the above and more too. Thank you for caring enough to be a member, and do get involved by attending meetings and volunteering!

If you think you might eventually be interested in Long-Term Care insurance, **don't delay**. Waiting just eight more years to insure can double your cost. For no-hassle, comparative quotes from four major companies, contact:

Don Denton
(425) 787-7881–dondenton@jps.net

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

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HELP US WITH INFORMATION TO PUT IN THE *BULLETIN*

The deadline for the next newsletter is 8:00 AM, **Sunday, April 15**.

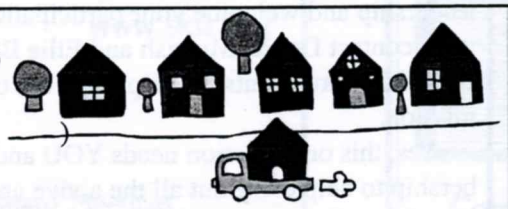
Send news and other materials to
Jo or Bruce Caldwell, PO Box 1117, Edmonds WA 98020, sksr@wmea.org, fax 425-776-1795, phone 425-778-9390.

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, April 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 9 Day, Arthur E, PO Box 1143, Hoodsport, WA 98548-1143
Pg 16 Helsel, Esther M, change apt # to CC108, Stanwood 98292-6133
Pg 17 Houser-Ferkovich, Joyce E, 605 NW 181st Ct, Shoreline 98177, 206-542-5142
Pg 20 Kerr, John E, 11712 Admiralty Way, Apt EE, Everett 98204
Pg 23 Lust, Marilyn A, 14133 W. Via Montoya, Sun City West, AZ 85375

Name Change:

Pg 30 Pleasant-Phillips, Amy Change name to Amy Pleasant

Deceased:

Pg 33 Ryder, M. Arline Feb 2004 (Shoreline District)
Shore, Audrey M Feb 6, 2004 (Shoreline District)

Honoring our own

SKSR is pleased to note that one of its own, Dale Hoggins, was recently honored as *Citizen of the Year* in Edmonds. Dale is a retired teacher and principal from the Edmonds School District. He also spent several years as a member of the Washington state House of Representatives and has done much for the community both before and after his retirement.