Sno-King
School Retirees

Serving Edmonds, Northshore and Shoreline
SNO-KING
SCHOOL RETIREES
Since 1977

September 2004

www.sksr.org

The SKSR Bulletin

A message from our co-presidents

The REAL year–September to June

by Donna Murrish, 206-363-5753, donnamurrish@comcast.net
and Ellie Bonanno, 425-778-0751, ejbonnanno@aol.com

Donna Murrish

Ellie Bonnano

As a former student and former school employee, September has always seemed more like the beginning of a new year than does January 1. Even in retirement, September marks the starting again of meetings and activities for the various groups and organizations to which we all belong.

So it is with Sno-King School Retirees. Your Sno-King Executive Board has met for its annual retreat/planning session and has gone over proposals and goals for the new year. A new membership directory will be published this fall which is sorely needed since there have been changes on nearly every page of the current one.

The WSSRA leadership Conference took place in Wenatchee August 26 and 12 of us represented Sno-King at that event. A new benefits program exclusively for members of WSSRA has been endorsed and we're anxious to share what we learned about that. A good article was written about it in the June WSSRA *Journal*.

So we're off and running again. We have some excellent programs lined up for the coming year, and we do hope you'll be able to attend some of them. We're very fortunate in our Sno-King organization to have some very talented members and colleagues who are willing to share their talents and special interests with us at some of our general meetings.

One of our colleagues, Bob Boye, will share with us at our first meeting on September 16 at the Edmonds School District Board

see **PRESIDENT** *on page 7*

Ellie Bonnanno, Co-President
Donna Murrish, Co-President
Rachel Lake, Past President/Legislative
Jack Rogers/Phyllis Fiege, Legislative
Dave Johnson, Treasurer
Bob/Pat Jones/Earl Garrison, Community Service
Donna Murrish/Ron Robinson, Directory
Gordon Bowers, Health Services
Barbara Berg, Scrapbook/Member Services
Lois Grasmick/Georgianna Young, Member Services
Virgil Rayton, Membership Expansion
Alice Bingaman/Bob Jones, Retirement Planning
Rita Requa, Education/Grants/NW-1 Chair
Betty Odle, Historian/Picnic
Cheryl Bickford, Luncheons
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, NW-1 Secretary
Winnie Smith/Pat Jones, Sunshine
Jo/Bruce Caldwell, *Bulletin* Editors

YOU'LL FIND INSIDE

President's Message 1
Calendar of Events 2
Meeting Information 3
2004 Picnic 4
Health Tips 6
Members on the Move 8

www.sksr.org

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

September 9	March 10
October 14	April 14
November 11	May 12
February 10	

Your 2005 Entertainment Book is here

by Donna Murrish, co-president

Entertainment books just went on sale! Filled with hundreds of half-off and two-for-one coupons, the Entertainment Book is the best way to save on travel, dining, shopping, attractions and much more. Your book is waiting for you today.

Looking for a great gift for out-of-town friends or family? Order an Entertainment Book at entertainment.com/support for almost any major city coast to coast. Every book offers the same kind of great savings you find in your local book. They can be shipped to you or directly to the recipient. When you buy online, be sure to enter our group's account number–131164-6. Or if you prefer, call me and I'll order for you.

E-mail donnamurrish@comcast.net or call me at 206-363-5753. I'll see that you get your new book promptly.

For all your real estate needs call
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425-672-1118—206-300-4438
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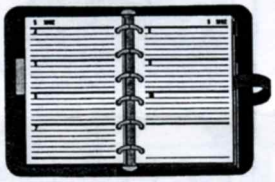

MARK YOUR DATEBOOK

Coming Events for Sno-King School Retirees

September 16 ..... General Meeting–1:00
Edmonds School District ESC
Bob Boye–*Salmon-in-the-classroom*

October 21 ..... Scholarship Luncheon–12:00
Edmonds Unitarian Church
Chris McCroskey and Tom Radek
Children's book illustrator and a wood carver

November 18 ..... General Meeting–1:00
Edmonds School District ESC
Jim Siscel–*Baseball parks in the United States*

February 17 ..... General Meeting–1:00
Edmonds School District ESC
Speaker to be provided from KOMO-TV

March 11 ..... Joint Meeting with East King
To be determined (East King hosts)

April 15 ..... Scholarship Luncheon, 12:00
Edmonds Unitarian Church
Music performance

May ..... General Meeting–1:00
Edmonds School District ESC

June 6-8 ..... WSSRA Convention
Pasco

Our September 16 meeting

Salmon-in-the-classroom

Bob Boye retired from the Shoreline School District more than 20 years ago but he has never stopped teaching, and he continues to take his salmon-in-the-classroom program to schools in the Puget Sound region where some 125,000 school children have learned the art of hatching salmon eggs and growing them into fry.

Bob operates a one-man salmon hatchery from his home at Lake Ballinger and has been doing so since 1979. Last fall, for the first time, a 15-pound male chinook salmon returned to Lake Ballinger to die. In Northwest Indian legend, the first returning salmon is known as the chief and is not harmed so that others may follow. Bob wrapped the chinook in a bag and buried him in his yard.

You'll hear more stories about the salmon program he takes to school children, which is part of the curriculum in about 800 elementary schools statewide. He most recently has been working with about 10 schools in the Edmonds School District and will present for us the same program he does with the schools. He and his program have been credited with raising awareness about the condition of streams in the region and the importance of clean, cold water to salmon survival. Bob uses his hatchery as a back-up for the schools in case they lose their eggs, which happens sometimes if power goes out or other bad things happen.

Back when Bob started his salmon program, there was no interest in salmon at all. When he first built a classroom aquarium for his students, he could find only two articles on the salmon life cycle. Now hardly a week goes by that there isn't something in the news about the salmon, so this is a timely program for us and we're looking forward to learning more. There will be a chance for questions after the presentation.

The date is September 16, at 1:00 pm in the Board Room of the Edmonds School District at 20420 68th Avenue West, in Lynnwood. Please join us!

If you think you might eventually be interested in
Long-Term Care insurance, don't delay.
Waiting just eight more years to insure
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For no-hassle, comparative quotes
from four major companies,
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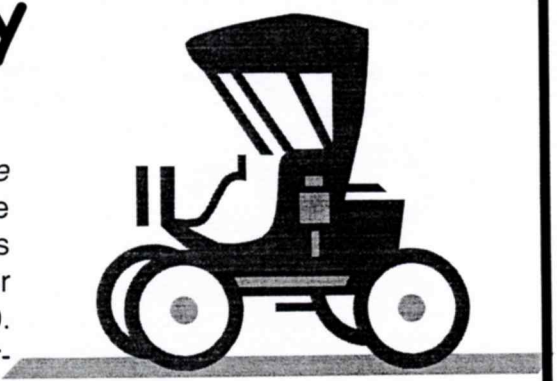
AARP Driver Safety Program (55 Alive)

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.



Fall 2004 dates

September 15-16 November 17-18
October 13-14 December 8-9

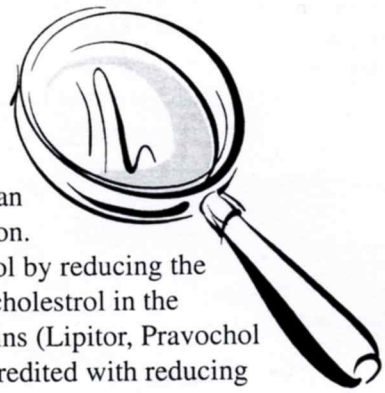
Pages 4 + 5 missing

Health tips for you

Medical updates–better medicine, longer lives

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

New benefits from statins



The Harvard medical staff reports that statin drugs are showing more health care than just cholesterol reduction. Statins lower cholesterol by reducing the enzyme that produces cholestrol in the liver. Additionally, statins (Lipitor, Pravochol and other brands) are credited with reducing heart attacks and stroke risk for anyone with atheroslerosis.

New benefits come from the American Society of Clinical Oncology study–1,608 cases in Israel showing that statin use resulted in a reduction in colon cancer. Also, researchers at the Oregon Health Sciences Univeristy reported that statins reduced prostate cancer by 56% in a control study.

The Harvard staff gives this warning: "Based on evidence, no doctor should give a statin as an anti-cancer prescription." Maybe more research will confirm extra benefits in the future.

Not yet on the market, the FDA has approved vytorin, the only statin to treat two sources of cholesterol in one pill, and it can reduce LDL (bad cholesterol) lower than any other statin, according to the FDA.

Source: *Harvard Health Letter,* August 2004, P. 6; Associated Press, *Seattle Times,* writer Linda Johnson, July 28, 2004, P. C6.

A cornucopia of ideas on living longer

Johns Hopkins Medical Letter gives the following advice for longevity: get moving, exercise, do not smoke, follow a healthy diet, use supplements wisely, drink enough water, avoid excessive exposure to the sun, reduce stress, challenge your mind, limit alcohol consumption, cultivate satisfying relationships and consider preventive medicine. Golly, what else?

Harvard Health Publications also stresses the importance of your immune system in the aging process. It can get out of sync, causing the system to go awry. But researchers are exploring the effects of diet, exercise, psychological stress and other factors that affect the immune system and make you live longer.

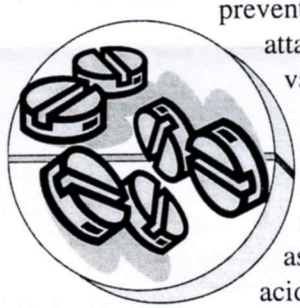
Even the *AARP Bulletin* has the "Methuselah Report"–an excellent article on living to age 120 (and who wants to?). Please read the August edition.

The *Pacific Care/Secure Horizons Bulletin* summed up all aging advice in three types (try these three times a week): aerobic activities–30 minutes; strength training–20 minutes; flexibility and balance training–10 minutes every day.

Source: Johns Hopkins *A Practice Anti-Aging Plan,* August 2004, P. 1; *Secure Horizons Bulletin,* August 2004, P. 4; *Harvard Special Supplement,* August 2004, P. 3.

New ideas in medicine

Combination pills aren't new–some drugs are more effective when they are taken together. But British researchers Nicolas Wals and Malcolm Law applied for and received a trademark on the name "Polypill" that would include five drugs and one vitamin. In a article in the *British Medical Journal,* they propose that everyone age 55 and over should take their polypill as a preventive measure against heart attack, stroke and other cardiovascular problems



The polypill would contain cholesterol-lowering drugs, half doses of three blood pressure-lowering drugs, aspirin and the vitamin folic acid. They estimate that their polypill would prevent 88% of all heart attacks and 80% of all strokes.

Be patient. A research group at the University of Michigan Medical School is testing the above theory with 1,200 patients. More later.

Source: *Harvard Health Letter,* July 2004, P. 3.

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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Good news: Laparoscopy okay on colon cancer

The Mayo Clinc compared the effects of minimally invasive surgery (laparoscopy) with standard open surgery. The study involved 800 patients with colon cancer. Laparoscopy requires an incision of one to two inches, while standard surgery requires about six inches. The survival rate, recurrence and complication rateS were the same for both procedures, but hospital stays were shorter and pain medication was lower with laparoscopy. Mayo Clinic surgeons who took part in the study point out that this surgery should only be done by surgeons skilled in the procedure, and may not be best for overweight patients. This study was reported in the May 13, 2004, issue of the *New England Journal of Medicine.*

Source: *Mayo Clinic Health Letter,* August 2004, P. 4.

Screening for kidney disease

Though people most at risk for kidney disease have a family history of kidney disease, heart attack, stroke, diabetes, high blood pressure, etc., the rest of us need TO be aware that chronic kidney disease cannot be "felt." But if you are age 60 or more and giving a urine sample, ask the doctor for a check on albumin and creatinine. Identified early, kidney disease can be halted through medication and lifestyle changes.

Source: *Tufts University Health Letter,* August 2004, Special Report, P. 4.

Mental Massage

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

* * * * *

Supervisor to employee: "Don't think of me as the boss; think of me as a co-worker who's always right.

* * * * *

Ask not for whom the bell tolls–let the answering machine get it.

PRESIDENT *from page 1*

Room in Lynnwood. Bob runs a one-man salmon hatchery from his Lake Ballinger home and has a very interesting program to present to us.

All of our general meetings will be held on the third Thursday of each month, except for the months of December, January, and June when no meetings are scheduled. Please join us! We also need a few more of you to help on some of our various committees. Chairmen have all been assigned, but they need some assistance! Especially needed is help with membership. Chairman, Virg Rayton, is from the Edmonds district and he could sure use some assistance from someone familiar with the Shoreline and Northshore districts. If you can help out, please call Ellie, Virg or Donna. More committee members are needed and welcome for the other committees, too. Pick one that appeals to you and give us a call!

WANT TO BE AN INFORMED VOTER?

The LEAGUE OF WOMEN VOTERS OF SNOHOMISH COUNTY invites you to become an informed and active citizen participant in promoting good government. We study issues chosen by the members. After consensus we take action to implement our positions. The League is dedicated to informing citizens about registering to vote, election methods and ballot issues. We are non partisan. We do not endorse candidates. We do aim to educate about issues we have studied; we lobby for/against legislation and we sponsor candidate forums.

Contact Janet Chalupnik 425-776-5544 for more information.

or

Visit our website at www.lwvwa.org/snohomish

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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

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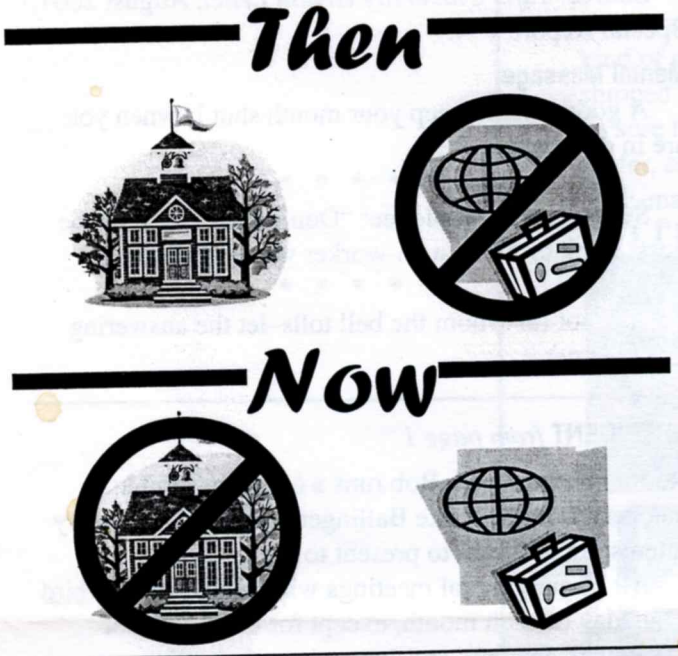

HELP US WITH INFORMATION TO PUT IN THE *BULLETIN*

The deadline for the next newsletter is 8:00 AM, **Sunday, September 19**.

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**, donnamurrish@comcast.net 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, October 5, call **Betty Odle** (206-525-8276), **Ellie Bonnano** (425-778-0751) or **Ruthann Warren** (206-367-0742).

Moving along

Change of Address

6 **Cameron, Kathleen**–2031 Fairview Ave E, Seattle 98102-3591
7 **Charbonneau-Detert, Marcia C**–18901-24th Ave W, #B, Lynnwood 98036-4808
10 **Denton, Don E**–731-59th St. SW, Everett 98203-5947, 425-876-4338
12 **Flatness, Paul L**–19860 Ash Crest Loop NE, Poulsbo, WA 98370
12 **Flatters, Kelley M**–401 NE 71st St., Apt 305, Seattle 98115-5458
12 **Francis-Stuart, Carolyn R**–335 Saddlerock Circle, Sedona, AZ 86336
16 **Hennum, Mary C**–One Thomas More Way, San Francisco, CA 94132-2910
19 **Johnson, Jeanne M**–6702-230th St. SW, Mt Lk Terrace 98043-2716
21 **Kuhn, Joan N**–1436 NW Springdale Pl, Shoreline 98177-33 36
23 **Lockhart, James L**–change email: jllock13@earthlink.net
24 **Marcuse, Linda M**–33534 Eglon Rd NE, Kingston, WA 98346-8661
31 **Pugsley, Henry C**–12321 Hiwy 99 #172B, Everett 98204-5511, 425-290-5722
33 **Robinson, B "Mike" E**–4243 Northridge Way, Bellingham 98226-7833
34 **Schultz, Dale L**–1515 NE 104th St., Seattle 98125-7644, 206-522-2779
36 **Siverson, Si & Ruth**–17143-133rd Ave NE, Apt 153, Woodinville 98072-3524
38 **Thompson, Angela K**–14808 Stone Ave N, Shoreline 98133-6220
38 **Thompson, Diane N**–410 NE 70th St, Apt 303, Seattle 98115-5476

New Members

2 **Bailey, Barbara**–1506-227th Pl SW, Bothell 98021
6 **Cain, Sharron L**–5118-163rd Pl SW, Edmonds 98026, 425-743-0023
7 **Clough, Neil**–9317-217th Pl SW, Edmonds 98020-3965
14 **Griffin, Marilyn**–842 NE 84th St, Seattle 98115, 206-523-0917
31 **Prins, Alynne L**–8911-131st Ave SE, Snohomish 98290, 360-568-7218

Deceased

Smith, Janet L–July 2004