



ASSOCIATION OF RETIRED SEATTLE CITY EMPLOYEES  
For: Active & Retired Seattle City Employees  
P.O. Box 75385, WA 98175-0385

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## OUR PRESIDENT'S MESSAGE

By John Masterjohn

Okay, I'm going into my "back to the future" mode—writing on the day before Thanksgiving—to be read in the next year. I hope that you all had a great holiday season, so now let's settle in for what could be a hard winter.

I did get down to Arizona for 2 weeks of sun and golf. It was in the 80s every day and I want to thank Tim Douglas for sharing his house with me and for playing some great golf.

Now that the elections are over, no matter who you voted for (I know you all voted because of the importance of our issues), we need to stay active and involved and to communicate with our elected officials and keep them on task. When I hear about privatizing Social Security—taking health care away from millions of people—I get nervous.

Speaking of health care, I heard that Group Health Cooperative has a private plan they offer that is almost the same as the City's plan, but much cheaper. So if you are on the City of Seattle's Group Health plan, hopefully you looked into it. It's my understanding that if you drop your City plan you can't come back to it, if for some reason you change your mind; so be sure to always do your homework on that. I know that some of us just stay on our City plan because it's easier, but if there's a way to save some money it may be worth looking into a similar product during the next open enrollment period.

The new Seattle City Employees' Retirement System (SCERS) Plan 2 will start on Jan 1<sup>st</sup>, 2017, so we will be watching how, or if, it affects us.

I met with Ken (Nakatsu) for our monthly get-together and we discussed the October 2016 Board meeting. The Board made some small revisions to the investment policy to reflect changes in fixed income classes; reduced Broad Fixed Income (bonds) from 18% to 16%, and increased Credit from 5% to 7%. They defunded two investment management companies and split the funds between Pimco and Pugh.

Regarding Ken's position, the application period closed on 10/10/16. They received more than 60 applications. The recruiting company met with the SCERS Board to review the most promising prospects. The final interviews with the Board were held on December 15<sup>th</sup> and 16<sup>th</sup>.

Well this is the first newsletter of the year, so let's all look forward to a great year in 2017!

Your President,  
John

Contact Mr. Masterjohn at [president@arsce.org](mailto:president@arsce.org)



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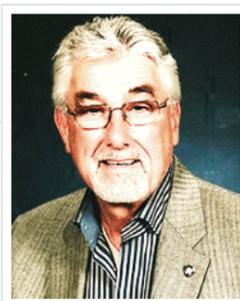
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## YOUR PENSION NEWS

By Lou Walter, Retired Employee,  
Member of the Seattle City  
Employees' Retirement System



### Interesting Future in a Brave New World

I hope we all had a joyous Holiday Season with our friends and families. Now we'll have to deal with the economic

challenges for the New Year. With the equity markets at an all-time high; the housing market in full-blown recovery and prices appreciating at accelerated numbers; and unemployment numbers at the lowest in a decade—we should be looking forward to a bright economic future.

The nagging questions are: will the Wall Street prosperity trickle down to the main street; will we see a reduction in economic inequality between poor/middle classes and the wealthy; will we see President-Elect Trump enhance our economic future with tax cuts, and negotiate trade deals that will protect and bring back manufacturing jobs back to American soil? That's just to name a few questions.

In the investment world of SCERS (Seattle City Employees' Retirement System), we are told by our advisors that we will continue to experience a volatile economic future for our investment portfolio. That for the next 6 to 7 years we'll experience a lower return on investments in a range of 6 to 6-1/2%. I can't say if there will be any changes in those economic forecasts.

Will a new approach stimulate our economy and create more living wage jobs? This is something we all want to see. Can this be done without creating another economic bubble and allowing financial institutions, with less regulation, to overreach their capacity and their ability to cover their debt and risk obligations?

*continued on page 2*



## CANDIDATE STATEMENTS FOR THE MARCH, 2017 ELECTION TO THE ARSCE EXECUTIVE BOARD

**Your ballot for the ARSCE Executive Board Election will be included in the March/April edition of this paper. Please familiarize yourselves with the candidates' information and be prepared to vote for no more than six (6) of the people whose names appear below. The names are arranged in last name alphabetical order.**

### **Veronica Baca**

I retired from Seattle Public Utilities in 2013 after 25 years of service in finance, rates, accounting, strategic planning, and project management. For the past three years I've written a short article for the ARSCE News based on cutting edge techniques learned with an International Mastermind I participate in—focusing on emotional intelligence and mindfulness to improve the quality of one's life. I've also been an alternate board member for ARSCE and I am now available to serve on the board.

### **Kevin Clark**

I retired in 2006 from City Light, after a 28-year City career including stints at the Seattle Engineering Department (where I directed the Drainage and Wastewater Utility), and several Executive agencies (OMB, OIR, and OPP).

I have been a member of ARSCE since I retired, but got active four years ago when the City Council suggested major changes to the Seattle City Employees Retirement System (SCERS). Due to shortfalls in investment returns, the City negotiated a new SCERS 2 for new employees which begin in 2017. I worked on this with City staff, unions and the City Council. ARSCE should closely watch this implementation.

In 2013 I organized and moderated ARSCE's Mayoral Debate at our Fall Luncheon. I also convinced the City to allow pre-2009 retirees the same medical insurance flexibility that more recent retirees get. With health care again on the national agenda, ARSCE should help with the City's retiree medical options.

I would like to continue using my financial and political experience to advocate for City retirees. Thank you for your support.

### **Florence Harrell**

I worked for 29 years for the City of Seattle, 10 years as Legislative Assistant to Seattle City Council President Sam Smith; followed by 19 years in the Departments of Community Development and Housing and Human Services, and the Office of Housing (these departments underwent several merges and reorganizations) as Housing Specialist and Project Manager, Community Project Coordinator and Asset Management Specialist. These several post-Council positions involved significant work with City/Seattle/Federal financing of low-income housing projects, community liaison insuring citizen participation in the planning and implementation of projects, and monitoring compliance of housing projects' affordability restrictions, financial reporting and physical maintenance requirements.

I retired from City employment in 2001, and subsequently worked for Macy's, Romex Company Construction, and The Port of Seattle. My extensive City and private work experience and loyal support of the Seattle Mariners; all these years show I can stay the course as a member of the Executive Board of ARSCE.

### **George McDonald**

I retired in 2005 after a 40-year career with the City. I started with the old Building Department and retired as Director of Vehicle Maintenance in the Fleets and Facilities Department. I enjoy golf and photography and all, or most, of the arts, especially live stage.

I have been a member of ARSCE since I retired, but with your support, I'm looking forward to being an active Board member. We need to increase ARSCE membership and participation to ensure that retirees' interests are well represented. Thank you for your support.

### **Larry Mickelson**

I am currently a board member of ARSCE, and I am running for a second term. I had a 42-year career with the Seattle Engineering Department and SDOT and retired as a Public Works Manager in 1999. Since then, I have been managing rental properties. It keeps me active and out of the recliner. I am a strong advocate of deferred compensation as a way to save a nest egg for any emergency after retirement.

ARSCE has recently made membership available to employees before retirement. I hope this will help to involve more

people become interested in planning for retirement. If elected for a second term, I will continue to work for City retirees to ensure the retirement funds are in safe investments that will be available for retirees indefinitely.

Being retired for 17 years has been wonderful and I hope everyone has the same opportunity.

### **Sharon Mickelson**

I retired from the Personnel Department January 2013 after 30 years with the City. My first job was with the Health Department as a Certified Occupational Health Nurse for five years, then the Engineering Department for three years. Then I moved to a Safety Supervisor position for the Water Department for two years, and my last position was with City Personnel as a Manager of the Citywide Safety & Health Program in the Personnel Department.

I believe that ARSCE is a wonderful organization that helps retirees stay in touch with each other and with what is going on with the City's pension system, both of which are "good for our health." I find it rewarding to support those efforts and will do my very best if elected!

### **Kathy Ray**

I retired from the Seattle Fire Department in 1996 with 28 years of service. I worked in the Chief's Office and the Training Division. After retirement I worked in the accounting department of Stadium Flowers in Everett for eight years.

As an incumbent ARSCE Board member, I have an interest in continuing to serve on the Board. I currently serve on the Election and Programs committees. I was Co-Chair of the Programs committee for three years.

I have a special interest in recruiting new members from active City employees, and encouraging more retired employees to attend ARSCE activities.

### **Helen Tsang**

I am an incumbent of the ARSCE Board, serving on both its Legislative and Financial Review Committees. I would like to ask for your vote to allow me to serve another term on the Board.

I started my City of Seattle employment as a Finance Analyst for Solid Waste Utility in 1990, and retired from the City in 2007 where I was a Senior Finance Analyst of the Seattle Department of Transportation.

I started actively participating in various volunteer works in 1980. I served as an advisor for Junior Achievement of Puget Sound, a Board member for Planned Parenthood of Snohomish County, a member of the Supervisory Committee of Seattle Metropolitan Credit Union, and a Board member for Asian and Pacific Women Caucus of Greater Seattle. Since I have an MBA from the University of Washington and a JD from Seattle University School of Law, I volunteer for many nonprofit legal and financial organizations in Greater Seattle.

Thanks to my pension from the City of Seattle, I am able to enjoy a comfortable middle class living.

### **Jeannette Voiland**

Originally from California, I grew up in West Seattle. After graduating from the UW library school, I started at Seattle Public Library's Municipal Reference Library (MRL) in 1974. The MRL closed in 1992 so I transferred to SPL's Central Library, working in Government Publications, then Special Collections. I retired in December 2013 after 39 years. And the day after I retired, I went to my first ARSCE luncheon. I enjoyed it so much I've tried not to miss one since!

I was active in our library union over the years, and served in various offices representing the interests of library workers. I look forward to supporting our City retirees in much the same way. My primary interest is making sure our independent retirement system stays strong to support current and future City retirees. It would be an honor to serve on your Board.



## Duffer's Corner

By Joe Matthias



### Georgetown

About three miles south of the Seattle business district sits a little piece of Seattle history often overlooked. Bordered on the east by I-5 and the base of Beacon Hill, the south by Boeing Field, the west by the Duwamish River, and the north by the rail lines of the Union Pacific and the BNSF Railroads and the Seattle industrial area, lays Georgetown.

First settled in 1851 by Luther and Diana Collins on a 640 acre claim on the tide flats, they were granted through the Donation Land Claims Act passed in congress the previous year. They beat the original Denny party which landed on Alki Point by two months giving them the distinction of being the first to settle in the area. They were soon followed by a handful of other families and a settlement was established. After a while it became known as the Dwamish,



Georgetown Steam Plant

probably in reference to the local tribe of the same name that inhabited the area. The Dwamish, or Qalqaquby as they called themselves, which translated to 'Proud People', fished and farmed the lands there, before the advent of settlers, as they had for hundreds of years. It was later that the 'u' was added making the spelling Duwamish.

Luther Collins, a settler in the new community of Dwamish, was named King County Commissioner a year after arriving and one of his first projects was constructing a road connecting Seattle to Tacoma. Unfortunately the Green River, later to be renamed, in part, the Duwamish (more on this later) impeded travel so he opened the first ferry in the area ferrying people and their belongings across the Green River. Keep in mind the Green River at that time wove like a snake through the tide flats to Puget Sound.

In 1855 Luther Collins donated one acre of his property for the construction of a fort of rough cut logs. They named it Fort Duwamish. Its original site is just west of where the Georgetown Steam Plant sits now. There was a fear of problems with the local tribes who were growing increasingly upset with the spreading encroachment of settlers, and indeed there were a few skirmishes between settlers and local Indians. Eventually these differences were resolved, but local tribes fared poorly in the outcome.

In 1871 Horton and Julius Dexter homesteaded across from Collins property and Julius immediately started cultivating hops, used in making beer. In 1882 he sold a quarter of his property to Edward Sweeney and William Rule who built a brewery, later known as the Seattle Brewery and Malting Company. The original building can still be seen in the Georgetown business area. This later became the Rainier Brewing Company and moved to the larger facility we all know in the shadow of Beacon Hill, that is so prominent. The Rainier Brewing Company went on to become the sixth largest beer manufacturer in the world before falling to ruin.

Also in 1871 Julius Horton purchased a large plat of Luther Collin's homestead and platted it in the form of a township with streets and cross streets. He then sold lots to interested parties with the express understanding they would start businesses as soon as possible, thus stimulating the area as to growth and stature. Thus the main streets and businesses that comprise Georgetown were established.

In 1874 the U.S. Post Office opened an office across the river from the Collins home. Appropriately named the Dwamish Post office, it was later changed to the Georgetown Office when the town incorporated.

Georgetown enjoys several firsts besides beating the Denny party by two weeks, thus becoming the first settlers in the area. It also had Seattle's first race track. Built in 1869 on forty-five acres it was

a seven furlong track. Along with the track came other forms of mischief such as brothels, saloons, and gambling establishments. Later it hosted another first when the first airplane flight in Seattle took off from this same field in 1910.

The historic Georgetown Steam Plant is another first for the township. Built in 1907 to provide power for local businesses and factories, it has withstood the ravages of time. Equipped with two vertical Curtis turbines it operated sporadically into the 1950s, lastly and still owned by Seattle City Light. Though now retired, it still houses all of its original equipment, is still in working order, and is the last of its kind in the continental United States. It is presently listed as a National Historic Landmark and is open to the public.

Following the first flight, an airfield was built on filled land, which is what most of Georgetown is on. It was named after William Boeing who had established himself as a local hero through his airplane company, which was becoming a giant in its field. Also all rail lines connecting Seattle to points south were run along Georgetown's eastern border. They survive to this day. And speaking of railroads, the first depot was at Steele's Landing on the Duwamish River, then called the Green River, when Seattle built the Seattle and



Seattle Brewery & Malting Company

Walla Walla Railroad after being snubbed as the western rail hub by major rail lines in favor of Tacoma.

The budding community grew steadily until, in 1890, Julius Horton named it Georgetown in honor of his son who had just graduated medical school. The town incorporated in 1901 and became a city much like Ballard to the north, and Renton to the east. In 1905 Georgetown voted to become part of the growing city of Seattle and was incorporated into that city. The newly constructed town hall, completed just months before the area was annexed, was converted to law enforcement and other government functions.

As I mentioned earlier, the river that snaked its way through the tide flats was originally called the Green River and still is, once you get to Tukwila. The powers that be recognized early the need to make the river a deep water port accessible to large cargo ships. Therefore, as they had done before and would again, our founding fathers decided to alter nature. A massive public works project was begun which straightened the river as far as Tukwila widening and dredging it to accommodate larger ships. That stretch was renamed the Duwamish River. So, and this was news to me, the Duwamish River and the Green River are in actuality one and the same, which you can verify by tracking your finger along the Duwamish until it reaches Tukwila. The river remains the same, though narrower, and becomes the Green River. When completed, many of the houses in Georgetown that had enjoyed a riverfront view found they were as much as a half mile from the new channel.

It should be noted also that during this same time the Lake Washington Ship Canal opened, which dropped the level of Lake Washington by nine feet. That effectively cut off the source of the Black River which ran between Lake Washington and the Green River. Eventually that river trickled out and disappeared completely from its original course. There is a Black River today but its source is farther south, probably spring fed, and nothing like the grand river it once was.

Georgetown exists today as a living, breathing piece of history. In its early years, it played an instrumental role in the growth of the tide flats and Seattle as a whole. It has seen changes most communities only imagine. Still it survives. Many of the old late nineteenth and early twentieth century buildings are still standing. New businesses and factories ensure its continued existence for years to come. If you have any extra time you might like to take a drive down memory lane and cruise streets that could tell you stories if only they could talk. I myself have never been there, but I plan to change that. Soon.

Duffer—over and out.

*Joe Matthias, Lighting Department (Lineman), Retired*

## Old Timers Luncheon Group MTD/DAS/ESD

By Jerry Robertson

The Old Timers Luncheon Group continues to meet the first Monday of each month at 11:30am at the Lynnwood Old Country Buffet located at 4601 – 200th St. SW, Ste. A., Lynnwood, WA 98036. Remember to mark your calendar for the luncheon dates. The dates

for 2017 are: January 9, February 6, March 6, April 3, May 1, June 5, July 10, August 7, September 11, October 2, November 6, and December 4. As usual we encourage all former employees of MTD, DAS, ESD, FFD, and FAS to join us at our luncheons each month. As I have stated before, wives and significant others are always welcome to join us. Those that do seem to enjoy being a part of the whole group.

Our October luncheon was attended by a group of fourteen, and in November we had a group of sixteen. No matter what the size of the group, we seem to have no end of thoughts to discuss. Some of the discussions, can be a bit heated, but everyone survives. LOL.

I am a little bit concerned that our attendance count is down; which is somewhat due to the fact we lost the location where we had been meeting for over ten years. We had very little time to locate a new meeting place. For some of our attendees the travel time is about the same, and for the ones who previously had to travel down I-405 southbound the travel time was shortened. When I started to attend these luncheons they were meeting in Ballard, which was not an easy commute for anyone, except those living in the Ballard area.

Gene Lucas is vacationing in Arizona, and I believe he was hoping to be back for the December luncheon. Lloyd and Martha Hansen left for Arizona and will be back next year.

Birthdays for October included Idona Bentler, Dave Lozier, Al Nikolaisen, and “Tosh” Okamoto. A November birthday was celebrated by Sandy Cook. A very Happy Birthday to all of you, and please keep on having those birthdays.

Remember the dates of our luncheons through the rest of the year. We all enjoy seeing everyone who attends. I do wish everyone a Happy New Year! (And hope you had a Merry Christmas too!)



Happy Birthday to Sandy Cook (left) and Ida Bentler

You can reach Mr. Robertson at [oldtimers@arsce.org](mailto:oldtimers@arsce.org)

## Fellowship All Over Town



**Engineers' Luncheon:** Retired City and County Engineering people meet for lunch quarterly. Call Barbara Graham @ 206.525.7859; or Ted Ormbrek @ 206.522.7867; or Joe Curulla @ 425.643.0309; or Sharon Howell @ 206.363.1909 for information.

**City Light Line Crews & Friends Breakfast:** This group meets at Shay's Restaurant, 15744 Aurora Ave. North, near 160th on the East side of Aurora, on the first Thursday of the month at 8:00AM. Call Bud Eickstadt at 206.362.8336 for information.

**RCLEA (Retired City Light Employees' Association) Lunches:** If you retired from City Light, you should be receiving the Newsletter sent out at regular intervals which lists the dates and locations of the informal luncheons and the more formal fall and spring luncheons. For information contact Jack Kelley at 206.522.0807 or go to [www.rclea.net](http://www.rclea.net)

**Retired Range Service Employees** meet at the Blue Star Restaurant, 4512 Stone Way North, Seattle, at 12 Noon on the second Wednesday of each month.

**Seattle Transit Breakfast (North End):** This group meets at Shari's Restaurant, 15252 Aurora Ave. N., on the first Saturday of each month.

**Transit Retirees (South End):** Meet at the Burien Elks Lodge at South 140th St. and 1st Ave. South on the third Saturday of the month at 8:30AM for breakfast. Contact Al Ramey at 206.243.8504 or Dave Carter at 206.910.8311.

**City Light South End Crews and Friends:** This group will meet for breakfast at 9:00AM the first Tuesday of each month at the Denny's located on First Ave. So. and So. 148th Street. Call Jack Carlson at 206-790-5022 for information.

**SDot's Traffic Shop** retirees meet the 3rd Wednesday of each month at 10:00am. Restaurant TBA. Signs, Signal, Paint, Inventory and Office retirees are all welcome. For information contact Denise at 206.999.2642 or email [DAHawk8@comcast.net](mailto:DAHawk8@comcast.net).

**METRO Retirees' Lunch:** This group meets at 11:00AM the second Tuesday of Jan., Mar., May, July, Sept., and Nov. at the Crazy Moose Casino, 22003 66th Ave. West in Mountlake Terrace. At 11:00AM on the second Wednesday of Feb., Apr., June, Aug., Oct., and Dec. The group meets at Billy Baroo's Restaurant located at 13500 Interurban Ave. So. in Tukwila. For information call Lonnie Sewell at 206.915.1415.

**Another Retired Transit Group:** This group meets the 1st Saturday of the month at the Family Pancake House located at 238th & Aurora at 7:30AM. Contact Dave Carter at 206.910.8311.

**Old Timers Luncheon Group MTD/DAS/ESD.** This group meets at 11:00AM the first Monday of the month at the Old Country Buffet, 4601 – 200th St. SW, Lynnwood, WA.

**Engineering Retirees' Lunch:** Engineering Dept. Field Personnel Retirees meet the 1st Wednesday of the month at 10:00AM at Shay's Restaurant at N. 160th St. & Aurora Ave. N. in Shoreline, WA. Contact Roy Galloway at 206.362.3937 for further information.

**Parks Dept. Retirees' Luncheons** are held on the 2nd Wednesday of the month at the 125th Street Grill located at 12255 Aurora Ave. North. Meet at 11:30AM for lunch.

**Health Dept. Environmental Health Workers and Spouses** meet weekly every Saturday for breakfast at 7:30AM. All Health Dept. retirees are welcome. For information call John Nordin at 206.524.7837.



**Martin Luther King, Jr. Day  
Monday, January 16th**



**Sunday,  
February 5th**

## A Life Well-Lived

By Joyce Dickhaut



### The Girls

I take a reluctant peek at the bedside clock and yes, it's time to roll out of bed. Each morning by 6:30 at the latest I am up, dressed, sipping my morning cocoa and perusing the morning paper to phase into my daily walk with the girls. This group, which can number from two to eight ladies, meets at the parking lot near the Bellevue Botanical Gardens at 7:30 for our morning ritual: two and a quarter miles through the Gardens and through the trails and woods of Wilburton Park.

The group, which I joined when I moved to Bellevue in 2010, has been in existence for years before then; its cast of characters changing due to moves, vacations, illnesses and personal circumstances. Many of us have known each other since high school and others have become acquainted through the years of marriages, raising children, becoming widowed or divorced, and becoming grandmothers or great-grandmothers. The Girls' ages range from our "baby" Margie, a kid of 63, to those of us in our 70s and 80s, to the two oldest of 85. About five of the girls, including an 84 and an 85 year old, are joining a safari tour in Tanzania next year, consisting of about ten other women, all of whom are seniors.

There is a slight variation to the daily walks on Wednesdays. Traditionally we have hiked in the mountains on that day, starting later and lasting longer and having lunch, either on the trail or at a convenient nearby café. It can be as simple as going up Cougar Mountain or one of the trails near Issaquah such as Poo Poo Point, or if the weather is fine, we will drive further and tackle trails up near Snoqualmie Pass, such as Denny Creek or Twin Falls. These kinds of hikes usually occur in the summer and we have ventured as far as Deception Pass for an all-day outing. In the winter we usually go for closer destinations such as Lincoln Park, Discovery Park or the John Bastyr campus near Juanita on Lake Washington. And, once or twice over the years, on an especially nasty morning, we have been known to substitute the wilds of Bellevue Square mall, making sure we get in a good three or more miles of brisk walking. But this is a very infrequent occurrence as we prefer the fresh air, no matter how cold, damp, or windy, and soft leaf cushioned trails to the hard vinyl floors and indoor air conditioning of a mall.

When we mention our walks to others, a common reaction is, "Even in the rain?" Yes, in the rain, in the fog, in freezing temperatures, pretty much as the postal service motto says. We

do draw the line when there is snow or ice on the roads. It's not the walking, but the driving to the park on treacherous road surfaces that is the problem.

As we assemble in the parking lot, we ask each other, "Should I take an umbrella?" or "Do you think it's warm enough to skip a jacket?" And then the walk begins. We usually break into groups of two or three as the paths are not wide enough for more and some of us walk more briskly than others. A favorite opening conversation is a matter of sleep; either "I just couldn't fall asleep last night." or "I woke up at four AM and just couldn't go back to sleep." or "I actually got seven hours last night; it was wonderful." We compare notes and the conversation morphs into the health of relatives, friends or

husbands of friends, and how great it is that we are still able to do this while many of our contemporaries are using canes, walkers, or are disabled due to poor health. And then the really interesting conversational stuff develops: Gossip about mutual friends—or husbands—or children; and of course "remember when..." And someone almost always brings up some story in the morning paper, or what was on CNN recently. A reliable subject, when we tire of gossip of our own friends, is the ever-popular one: the outrageous behavior of celebrities. We talk about how much was won or lost at recent games by those of us who play cards or mah jong, which is an ancient game loved by Chinese people and women of a certain age. Margie is hooked on PokemonGo and is

constantly perusing her cell phone. Last year it was all about politics—oh, yes politics is a favorite subject as most of us are of the same political persuasion and love to trash-talk the same politicians and policies.

Then, before we know it, we have completed our daily walk and are not even aware of the time that has passed because of the fellowship we have shared. During the walk, one or more of us will do a little verbal cheerleading to the group along the lines of how great we are to get out here every single morning and how much we are benefitting mentally and physically while our slug-abled friends are lazing over their coffee in bathrobes. We speculate on whether or not the walking keeps Alzheimer's or our weight at bay or if we will gain pounds if we quit walking. And then we forecast long and healthy lives for ourselves and quote sources which agree with our outlook.

So as the New Year starts, perhaps you too can get moving. Find a friend or two, set your clock and get out of the house, rain or shine and...move. It's worth it and the frosting on the cake is the look of disbelief and how astounded others are that people at such advanced ages can actually do anything involving walking two miles daily.

*Joyce Dickhaut, Fleet Administration Manager, Retired*



"The Girls" ~ A Cast of Intrepid Characters

### Send ARSCE Your News, Short Stories & Poems

You can send your information to:

**ARSCE News**

P.O. Box 75385, Seattle, WA 98175-0385

Or email your news & information to: [arscenews@arsce.org](mailto:arscenews@arsce.org)

**NEXT NEWS DEADLINE:  
January 17th, 2017**

(All submittals become the property of ARSCE.)

**Complete  
Our Circle**



**Join ARSCE today as a Retiree, Beneficiary  
or even if you are currently working.**

Application on Page 12.

## Parks Department Retiree News

*By Alan Hovland*

**Name change:** So maybe this column which has existed since 1984 should have a name change. It was called “Park Place,” a play on one of the exclusive properties in the game Monopoly, for many years. The current title has existed for many years. I think we need to recognize the dual nature of the Seattle Department of Parks and Recreation, to include the many retirees mentioned who were in Recreation and the several other sections in the Department. Tell me what you think, my ARSCE email address is noted below.

In the ARSCE News–May/June 1990, the lead photograph is of Bob Gill, who along with Verle Yeager helped start the luncheon which has met every month since 1984, and helped with this column. Bob Gill is just the same today as he was then (in 1990): “Bob Gill... Yes, he paid to have his picture in ARSCE!” I spoke with Bob last week and besides a little set back from the flu, he is doing well. At 93. He is remembered for driving a truck for the Public Works crew for many years. He started for the Parks in 1953.

**Washington Park Loop Trail:** Here is a traffic warning, the street construction around Madison around 23<sup>rd</sup> Avenue is not very good, and the alternate route through the Arboretum has construction going on all through the Park from Madison Street on through the Arboretum.



The Department is constructing a trail from east Madison Street to the Foster Island Road, sort of paralleling the current road. It will be over a mile of accessible multi-use path. This project should open the Park so people can enjoy all the botanic collections.

**The Brothers:** Lee and Nick Bicknell both live in Yakima and have seriously taken up golf. Is this a surprise?

**February is Black History Month:** Many Parks are named for people who really made a difference in their community and Seattle. Powell Barnett Park is located in the Leschi neighborhood. Mr. Barnett was a Seattle musician, civil rights activist, and



African American community leader, who worked to improve race relations. Much more about this remarkable man can be found on the internet, but here is a relevant quote from him even for today: “I have always felt that my community is no better or worse than what I help make it, likewise, my country. I can’t delegate my own responsibility. I can’t assume anyone else’s.”

Vance Tagart, Carpenter Shop, is still going on at 93. His wife Molly reports that both she and Vance are doing well, considering their ages.

Bob Lasser passed away November 19, 2016. He was 91. He had a remarkable career as the unassuming gardener in the Woodland Park Rose Garden for over 40 years. Our deepest sympathies go out to his wife Toni and their family.

Jesse Howell, the World War II veteran who started for the Parks Department in 1951 is still enjoying living at the Norse Home in a room with a view of the Woodland Park Zoo, where he worked for 30 years.

Kerry Lasko has passed away. In tracking this information I heard from Jeanette Geiger and Ed Heintz. Condolences from all to the Lasko Family.

**Retiree Scorecard:** So in reading the May/June 1990 ARSCE News here is a list of the names of the Park Retirees who attended the February Luncheon: Verle Yeager, Jake Kalnin, Archie Howatson, Glenn Cade, George and Gladys Lish, Ray and Dorothy Wineinger, Buck and Irene Squire, Jerry and Pat Coupens, Leo and Babe Daily, Walt and Mae Lindlauf, Sig and Stella Oswick, Jack and Marguerite Tiedeman, Gene and Elsie Christ, Gene and Virginia Boyd, Eileen Dunstan, and Bob Peterson. All are gone now, but in their day all contributed to the success of the Department. Please tell me if you remember any of these Park people.

**LifeLong Recreation:** Register online at [seattle.gov/parks](http://seattle.gov/parks) starting on December 6<sup>th</sup>. The Winter Quarter is from January 3–March 18. A wide range of programs are offered in the Arts, Fitness, and Social Opportunities in every part of the City.

Terry Phillips was up from Arizona for a quick visit, and then he sent me several great pictures.



**Terry “Lurch” Phillips,  
formerly with Parks & Recreation**



**Parks “Viking” Alan Hovland with daughter  
Amy at Nordic Heritage Museum**

*Mr. Hovland can be reached at [parksnews@arsce.org](mailto:parksnews@arsce.org)*

### ❖❖❖ ANNOUNCEMENT ❖❖❖

#### **Check Your Checks!**

If you are enrolled in a City of Seattle retiree medical plan, the December 31st pension check contains the updated premium deduction for January, 2017 coverage. Please review your deduction to be sure the amount matches the published rate for the plan in which you are enrolled. You can find the published rate in your annual enrollment materials or at [www.seattle.gov/retirement/](http://www.seattle.gov/retirement/). Contact the Retirement Office at 206–386–1293 with any questions or discrepancies.

## WELCOME NEW MEMBERS!

### New Members: Active

Cheryl Brush      David Guajardo      Kim Kubie

### New Members: Retired

Nelson Park, City Light

## Memorials

Barbara Breymaier  
in memory of Della Wenzl, SPD

Dan Haw  
in memory of Rudy Blass, City Light

## Donations

Anne Miller  
Sandy Brooks

## In Memory

Note: Names with asterisk (\*) were ARSCE members

Shirley Abrahamson*, Parks Died: 9/20/2016 Age: 93	William D. Diggs Died: 9/7/2016 Age: 89	Shirley A Iams*, Library Died: 10/6/2016 Age: 89 Retired: 7/1989	Ruth J. Omalanz Died: 9/6/2016 Age: 95	Ronald L. Veach, Muni Courts Died: 9/23/2016 Age: 75
Fidel Alvarez, SDOT Died: 11/14/2016 Age: 71	Ray Dimaunahan Died: 9/13/2016 Age: 79	Cecil E. Jarvis*, Transit Died: 8/28/2016 Age: 95 Retired: 3/1986	Gerald J. Oppenheimer Died: 8/23/2016 Age: 94	Robert L. Wilder Died: 9/10/2016 Age: 82
Frank R. Boccamazzo, DPD Died: 10/4/2016 Age: 72	Frank A. Elenich*, Engineering Died: 10/28/2016 Age: 88 Retired: 8/1983	Randall K. Johnson, ESD Died: 10/21/2016 Age: 71	Richard E. Ponsnock*, City Light Died: 10/6/2016 Age: 89 Retired: 3/1993	Robert I. Williams*, Parks Died: 10/1/2016 Age: 92 Retired: 5/1985
James H. Boden, SPU Died: 10/24/16 Age: 64	Loyd C. Evens Died: 8/30/2016 Age: 89	Timothy J. Lynch, Library Died: 9/3/2016 Age: 77	John Shreve*, Bldg. Died: 10/11/2016 Age: 97 Retired: 1/1981	Gale F. Wirth*, City Light Died: 10/9/2016 Age: 88 Retired: 2/1987
Oscar C Bray*, Parks Died: 6/25/2016 Age: 97 Retired: 2/1982	Edgardo L. Gotidoc, Muni Courts Died: 9/1/2016 Age: 70	Kalolaine A. Moimoi, Personnel Died: 10/26/2016 Age: 67	Gerald V. Smith*, Engineering Died: 7/30/2016 Age: 84 Retired: 7/1994	Norma M. Zier Died: 7/31/2016 Age: 92
Charles R. Clark*, Bldg. Died: 9/3/2016 Age: 91 Retired: 1/1976	Shirley C. Hall, City Light Died: 10/31/2016 Age: 88	Frank R. Nelson, SDOT Died: 8/13/2016 Age: 69	Dolores G. Sund Died: 8/22/2016 Age: 90	
Ruth M. Corning Died: 10/22/2016 Age: 99	Eino H. Hill Died: 9/4/2016 Age: 99		William D. Thomson Died: 9/23/2016 Age: 89	

### DONATIONS TO ARSCE

Since ARSCE operates on a limited budget, donations are always welcome and very much appreciated. ARSCE is a 501 (c)(3) organization. Your donation will be tax deductible within the limits established by the Internal Revenue Service.

Regular donations are noted in the "Golden Contributions" section of ARSCE News listing the donor's name and department retired from.

Donations in memory of someone are noted in the "Memorials" section of ARSCE News. The name of the deceased person for whom the donation is made and the donor's name and department retired from are listed. If you would like the family of the deceased person notified of your donation, please include their name and address. A letter will then be sent to them telling them of your memorial donation.

Mail donations to ARSCE, PO Box 75385, Seattle, WA 98175-0385; or go online to [www.arsce.org](http://www.arsce.org) to contribute. You may also fill out the "Membership Application Form" on page 12 of each issue of ARSCE News, or donations can be made utilizing a luncheon reservation form. If you have any questions, please call Victoria Troisi at 425-443-3799.



### ARSCE Donation Application

Please check appropriate box.

Golden Contribution       Memorial

Donor's Name \_\_\_\_\_

Dept. Retired from \_\_\_\_\_

For Memorial Only:

In Memory of \_\_\_\_\_

Dept. Retired from \_\_\_\_\_

To Notify Family of Donation ~ Provide the following:

Family's Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip Code \_\_\_\_\_

Fill in form, clip and send donations to ARSCE, PO Box 75385, Seattle, WA 98175-0385; or go online to [www.arsce.org](http://www.arsce.org) to contribute. You may also fill out the "Membership Application Form" on page 12 of each issue of ARSCE News, or donations can be made utilizing a luncheon reservation form. If you have any questions, call Victoria Troisi at 425-443-3799.

**BOOK NOTES**By Lorry Garratt,  
Library**VINEGAR GIRL. By Anne Tyler, 2016**

The 400th anniversary of Shakespeare's death has prompted a project that invites prominent modern novelists to retell his stories. This is Tyler's version of "Taming of the Shrew." Widowed Dr. Battista is a medical researcher on the verge of an important breakthrough, but he is about to lose his brilliant Russian assistant Pyotr whose visa is soon to expire. The only way to keep him, thinks Dr. Battista, is to find him an American wife and hence a green card. His clumsy choice is his headstrong daughter Kate who is unhappily teaching small children, until she decides to go back to college. It is a charming and nimble tale of maneuvers that seem to fall into place and provide an ending as shrewd as the Bard's.

**THE WOMAN IN CABIN 10. By Ruth Ware, 2016**

Travel journalist Lo Blacklock receives a press pass for a weeklong cruise from London to the Norwegian fjords on an opulent ship that is carrying nine passengers. Her first impression is soon dispelled when she witnesses a woman being thrown overboard on the first night. No one believes her because all passengers and crew are accounted for, but she stubbornly continues to dig until she begins to receive anonymous warnings to back off. It is an intricate plot with surprising twists and not for the faint hearted reader.

**BELGRAVIA. By Julian Fellowes, 2016**

In 1815 Brussels the most elite of British society are gathered at a magnificent ball. It will never be forgotten because it is on the eve of the Battle of Waterloo and next day huge numbers of the handsome young nobles die in battle. Fast forward 26 years—on that memorable night, beautiful young Sophia Trenchard falls in love with Lord Bellasis who connives to get her into bed by having a fellow officer perform a fake marriage ceremony. He is killed the next day and months later Sophie too dies in childbirth. Their son is adopted and grows to be a fine and handsome man and at this point the tangled web of upstairs and downstairs plotting takes over many lives and secrets with some very unexpected results.

**TRULY MADLY GUILTY. By Liane Moriarty, 2016**

A superb Australian author who specializes in family and character relationships that develop into complex plots has done it again. Three couples who have had a friendship since childhood; one couple with a sprawling mansion and secrets. But a spontaneous backyard barbecue ends badly and changes everything. This brief description doesn't prepare the reader for anything in a very engrossing read.

**REDEMPTION ROAD. By John Hart, 2016**

A modern southern gothic in North Carolina where Detective Elizabeth Black faces charges for killing two black men who were raping an 18 year old girl. At the same time, Adrian Wall, a cop, is being released from prison after 13 years for murdering a woman, and as he walks free, another woman is killed in the same weird, ritualistic manner. Elizabeth loves Wall and has always believed him innocent, and now the two of them are joined in an effort to prove innocence and also to save two children in peril. Hart's characters are tough and often choose the path for redemption for the powerless.

**THE NEST. By Cynthia D'Aprix Sweeney, 2016**

Meet the dysfunctional Plumb family; five grown children and their self-absorbed mother. Their father died too young, but planned a huge nest egg to be equally divided and now the clan is gathering, all of them in financial need. But charming drunken Leo caused an accident months before and critically injured his waitress passenger and the mother gave most of the money to her without consulting the children. They all think maybe Leo will bail them out in a dramatic rescue. This is in fact quite a humorous story of a very quirky family who aren't bad or mean, just not very bright.

**THE GUEST ROOM. By Chris Bohjalian, 2016**

With his wife's permission, Richard is hosting a bachelor party for his brother Philip in his luxurious home. His friend Spencer is supplying two party girls for the entertainment. But the party turns into a drunken and sexual bloodbath; with the girls who are sex slaves from Russia killing their two bodyguards and escaping. The moral lapse of wealthy and usually stable men, indulging in horrific acts that carry devastating consequences, is caught and defined all too realistically.

**THE WAYS OF THE WORLD. By Robert Goddard, 2013**

Lt. James (Max) Maxted emerges from his WWI experiences as an aviator, who crashed, and then spent a year in prison camp. He is not ready to settle down on the ancestral estate and instead would prefer to start a flying school. When his diplomat father falls to his death from a hotel room in Paris, Max questions the verdict of accidental death and determines to investigate. There ensues spies, counterspies, turncoats, two assassinations, and a prominent Japanese diplomat who travels with his own hit man. It is high action adventure in Goddard's usual suave fashion.

Contact Ms. Garratt at [booknotes@arsce.org](mailto:booknotes@arsce.org)

**It's Your Life**

By Veronica Baca

**Living in the Moment**

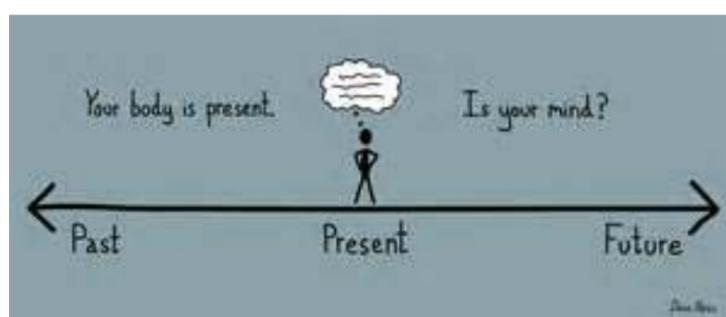
You may have heard about "emotional intelligence" and "mindfulness", and wondered, what are they?

Many people have studied, practiced, and prioritized these topics and techniques for years with the intention of improving life's experience.

The bottom line is that there is a way to balance the sometimes gut wrenching emotions we have from the pain of hell on earth—with our reasoning mind and our spiritual knowingness. Sometimes painful feelings hijack our minds, bodies, and spirits.

How it can go is:

1. An emotion is triggered.
2. The mind obsesses, worries, judges, blames, problem solves, future trips, etc.
3. The feelings heighten and a vicious cycle of feelings and thoughts continues.
4. This leads to physical manifestation of disease and more emotional troubles and pain.



Mindfulness says:

1. Be aware in the moment when a negative feeling begins, or gets triggered. (Don't worry, if you don't notice immediately, you'll have another chance as the feeling continues).
2. Focus on your breathing to refocus your mind on something other than the emotion.
3. Relax your mind, and even appreciate the feeling as best you can and that you are mindful of it. Quiet the mind.
4. Breathe consciously some more. Stay present and know, "this too shall pass."



This small interruption of a triggered emotion, with awareness and breath, is enough to change patterns of ongoing suffering and instead allow for a more highly evolved experience of mind, body and spirit. After all, this is your life. Own it and hone it.

Oh yeah—and suffer less, appreciate more!

## The Film Guy

Some Favorites on DVD  
By Jim Mohundro



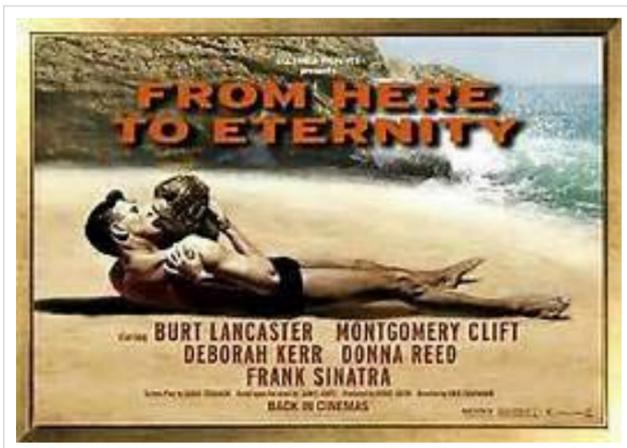
### Zinnemann Rolls (Film)

1930 Germany's Weimar Republic was troubled, like much of the world, with a great economic depression, but ordinary life went on as well as it could. On a sunny day, five young men got together to make a little movie, **People on Sunday**, a simple story of people in a park, doing what they did on a Sunday afternoon. These five were Curt and Robert Siodmak, Edward G. Ulmer, Billy Wilder and Fred Zinnemann. These young artists went on to leave their country, and what it became, to make films in the United States.

Some film directors became almost as famous as the actors with whom they worked and generated box office success. Several were identified with certain film "types", e.g., Alfred Hitchcock, suspense; George Cukor, "women's films"; Cecil B. DeMille, big canvas, historic films; Howard Hawks, *genre* films with tough guys and often tougher gals; and Frank Capra's social justice movies in the 1930s and 1940s.

Cinematographer and budding director Fred Zinnemann, one of the **People on Sunday** filmmakers, won four Academy Awards for film direction and many of his films earned critical and financial success, but Zinnemann never quite achieved "star director" name recognition. These films in theme are very different from one another, but they will always be remembered for their realism and Zinnemann's craftsmanship.

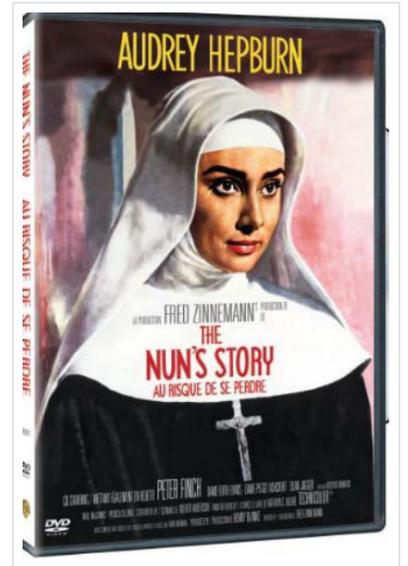
In 1952's **High Noon**, Zinnemann uses a clock, a cloudless, hot Sunday morning in a small Texas town, and a superlative cast of veteran character actors, and two newcomers, Grace Kelly and Katy Jurado, to teach a lesson in civics that should not soon be forgotten.



**From Here to Eternity** (1953) Director Zinnemann, screenwriter Daniel Taradash and five Oscar-nominated actors make James Jones's hunk of a Pearl Harbor novel into a film in which the novel's whole story can be easily digested. Deborah Kerr is especially effective as the unhappy officer's wife, happy on the beach with enlisted First Sergeant Burt Lancaster.

**Oklahoma!** (1955) Gordon MacRae moves on from the pleasant froth of Doris Day movies to Zinnemann's big screen (originally a 70mm Todd-AO roadshow print) version of the Broadway hit. Creators Rodgers and Hammerstein based their production on the popular play **Green Grow the Lilacs**, and integrated music, dance, dialogue and plot into America's first successful musical play. Gloria Grahame is a standout, playing against type as Ado Annie.

In 1959's **The Nun's Story**, Audrey Hepburn is a young woman who must resolve her profession with the real world around her. Filmed partly in the Belgian Congo, it's a production personal and gentle and complex, crafted with taste and precision by Zinnemann. **A Man for All Seasons** (1966) Zinnemann and cinematographer Ted Moore brought home the Oscar and BAFTA (British Academy of Film and Television Artists) awards for this equation of light and darkness, good and evil, England's Lord High Chancellor Sir Thomas More and King Henry VIII. Politics in high places, in some ways, has changed far too little.



**The Day of the Jackal** (1973) Zinnemann's evocation of Frederick Forsyth's early novel matches Edward Fox's turn as the scarily cold, but oddly likeable assassin. There is something about professionals doing jobs well, with Zinnemann and Fox top drawer in their roles. If you liked **Eye of the Needle**, add this **Jackal** to your viewing.

*These films have subtitles in English or "close captions" for the hearing impaired, and are around town at video stores that carry decent inventories of the classics, but the films may also be available with subtitles or close captioning from cable or satellite, or from "streaming" resources such as Netflix and Amazon.*

And here are five bonus Zinnemann films, without English subtitles, not in my principal picks: A couple of crisp, eminently watchable 1942 "B" mysteries, **Kid Glove Killer** and **Eyes in the Night**, and three memorable major American films: **The Seventh Cross** (1944, with Spencer Tracy, Hume Cronyn, Ray Collins and Jessica Tandy); 1948's **The Search** (Montgomery Clift's film debut); and **The Men** (1950), a brave film dealing with war veterans and paraplegia and another film debut: Marlon Brando. These films are shown from time to time on Turner Classic Movies and may be subtitled; however, TCM's subtitling is not applied to all the films shown on that channel.

You can reach Mr. Mohundro at [filmguy@arsce.org](mailto:filmguy@arsce.org)



### LOOKING FOR A VOLUNTEER OPPORTUNITY?

Many ARSCE members currently volunteer. Others would like to volunteer, but are not sure what opportunities exist. Space limitations mean we cannot list individual opportunities in the ARSCE News.

Please refer to these two extensive websites for volunteering opportunities in the Seattle area: United Way of King County ([www.uwkc.org/volunteer](http://www.uwkc.org/volunteer)). This is probably the most comprehensive of the local volunteer opportunity websites. A search of their database using the term "parks" returned 76 different volunteer opportunities; "animal" returned 65 opportunities, "home" returned 141, "senior" returned 50 and "children" returned 595. You can register on the site and arrange to have internet "feeds" sent to you about volunteer opportunities in areas that interest you.

Volunteer Match ([www.volunteermatch.org](http://www.volunteermatch.org)) is another very good comprehensive site with some interesting geographical limit capabilities. Enter your home zip code to start.

At Pacific Science Center we rely on volunteers and interns to help fulfill our mission to inspire lifelong science learning while providing vital assistance in all areas of Pacific Science Center operations. Whether you're interested in hands-on interaction with exhibits and guests or something behind the scenes, we have opportunities for you. If you're looking for a fun way to share your time and interests while giving back to your community, we'd love to hear from you. **Apply online** and indicate the open position that interests you. For more information about our volunteer program, call (206) 443-2868 or [emailvolunteers@pacsci.org](mailto:emailvolunteers@pacsci.org). <https://www.pacificsciencecenter.org/volunteers/volunteer-opportunities/>

### Writers Wanted!



Do you have a passion to share with others? Perhaps you have a unique hobby or fun passtime you're excited to encourage someone to try. Tell us about it!

It could be that you're our next columnist. Tell us about yourself. Contact us at: [arscenews@arsce.org](mailto:arscenews@arsce.org)

## Ramblin' Roads

By Alan Brittenham



### Feel Good When You Do Good

One of the fun things I like to do on Ebay is give out refunds. If it seems counter-intuitive to pay money to someone and call that fun, here's how it works.

When I list an item, such as a parts catalog for a given model Harley, on Ebay I always estimate the weight on the high side a bit. I've learned to do that because, when it sells to a domestic customer, shipping is free. Of course, that's a joke, "free shipping." Somebody has to pay. In this country, thanks to some obscure law, a book ships via media mail, which is about \$3.00 if it weighs less than a pound, so that much comes off the top when it is sold with an ad that says "free shipping." In China, the government pays for export shipping, meaning the taxpayers of China subsidize it, which partly explains why stuff is so cheap at Harbor Freight, and MOR, and Amazon, and so many other companies. I find the cost of shipping in advance by using the weight and size, and two zip codes from opposite corners of the country, like 98058 and 33301, on the "Calculate a Price" option on the Postal Service website.



But foreign sales, on the other hand, are always done with calculated shipping, because the cost can vary so much from country to country. I've repatriated Norton owner's manuals to Britain, sold Harley parts to many folks in Australia, and camera equipment all over Europe, and I've taken a bath on the shipping enough times to not even bother to offer free shipping outside our borders. Puerto Rico, Alaska and Hawaii will even cost you money if you're not careful, so that's why the shipping weight is a bit high and foreign shipments are calculated on every item, to provide that wiggle room.

I don't mention it in the ads, but any time I sell something with calculated shipping and the extra weight brings in a bit of extra cash, I always shoot the buyer a small refund, of the difference between that and what it would have cost me to send it domestically, out of the blue. I get some amusing replies when that happens, and great feedback, of course, enough to make it clear that refunds like these don't normally happen on Ebay. When you buy a ten dollar item for five bucks, but see he wants seven more for shipping, it doesn't take a rocket scientist to add up those numbers.

I've been doing this for years now, every so often, and I'm just now starting to pick up on a pattern of behavior followed by reward that is self-reinforcing and accumulative. It goes like this:

I sell a book for \$20, with free shipping. The cover price is \$52, so the buyer sees that and feels good about getting it for \$20, even if he's in New Zealand and Ebay tells him that a \$20 book is going to cost him \$36.95 with shipping. So he sends me the \$36.95, but, much to his surprise, he gets a message back saying, "Hey, the shipping was a bit less than estimated, so you get a \$5 refund. Thanks!" That's known in the business as a Pleasant Surprise, also known as a Positive Memorable Customer Experience in the lingo of college trained experts whose job it is to complicate things. So the buyer gets a smile on his or her face. Often, I get immediate feedback in the form of a message saying, "Hey, thanks for the refund! You're all right!" which puts a smile on my face, too. So the good feeling bounces from Renton, Washington to Auckland, New Zealand and back in a few electronic seconds, and puts smiles on two faces at once. And what I realized was that, in my case, the anticipation of the good feeling preceded the actual refund. I got that warm glow inside and a smile on my face just thinking about what a surprise it is going to be for this buyer when he sees that refund. It's like chopping mental firewood: You get a warm glow thinking about it, then again when you actually do it, and yet again when the buyer responds! That is well worth the \$5 in my mind.

I guess that's what the whole "Pay it Forward" thing is all about. Unexpected good deeds reward the giver as well as the receiver of those deeds. And if you accept that thoughts as well as deeds are energy that cannot be lost or destroyed, then all our good thoughts and deeds become karma or grace or whatever you want to call it, and float out there to join all the others to help fight off all the negative nonsense that's out there, too.

So get out there and do good deeds, and feel good about yourself. What's not to like about that idea? 😊



## New Year's "Around the World" Quiz

Select one answer for each question in this multiple choice quiz.

- Under which of the following calendars is New Year's Day observed on January 1?**
  - Christian
  - Roman
  - Julian
  - Gregorian
- What is the Jewish New Year called?**
  - Hanukkah
  - Yom Kippur
  - Rosh Hashanah
  - Bar Mitzvah
- What determines the date of the Chinese New Year?**
  - The first full moon after the winter solstice
  - The second new moon after the winter solstice
  - The Friday after the first full moon after the winter solstice
  - None of the above
- How is the New Year festival of Songloran celebrated in Thailand?**
  - Visiting family
  - Parading statues of Buddha
  - Throwing water at passers-by
  - All of the above
- Ecuador has a unique New Year's Eve tradition, the burning of "old year's" in public places. What are they?**
  - Bonfires
  - Old Clothes
  - Newspapers & magazines from the previous year
  - Effigies representing people & events from the previous year
- To ring in the New Year in Spain, it is traditional to do what on each chime of the clock?**
  - Eat a grape
  - Take a sip of wine
  - Clap your hands
  - Light a candle

### Answers:

1. Gregorian
2. Rosh Hashanah
3. The second new moon after the winter solstice
4. All of the above
5. Effigies representing people & events from the previous year
6. Eat a grape


Keep Love Alive ~ Send Someone a Valentine ~ February 14th, 2017


**Save the Date!**

*Join Us for:*

**ARSCE's Spring Luncheon**  
**Wednesday, March 8th**

West Seattle Golf Course  
 4470 - 35th Ave. SW  
 Seattle, WA 98126  
*(Doors open at 11am/Lunch served at 12noon)*

*Come see a spectacular demonstration by:*

**The Seattle Police Department  
Canine (K-9) Unit**

Witness the incredible bond between the trainers and their dogs. In Seattle, more than a dozen canines complete the ranks of the Police Department to protect and serve alongside their handling officers.



Monday, February 20th



When you visit [www.facebook.com](http://www.facebook.com) simply type in:

ARSCE-Active and Retired Seattle City EmployeesGroup

There you'll find the latest news from ARSCE. Look us up!

**2017 MEETING AND PUBLICATION DATES**

Wed.	Jan. 11	ARSCE Executive Board Meeting
Tues.	Jan. 17	News Deadline (Mar/Apr Issue)
Wed.	Feb. 8	ARSCE Executive Board Meeting
Fri.	Feb. 17	Insert Ballots/Mail ARSCE News (Mar/Apr Issue)
Wed.	Mar. 8	Spring Luncheon West Seattle Golf Course 4470 35th Ave. SW, Seattle
Wed.	Mar. 15	Ballots Due in PO Box
Fri.	Mar. 17	Count Ballots
Tues.	Mar. 21	News Deadline (May/June Issue)

ACTIVE & RETIRED EMPLOYEES ~ YOU'RE INVITED  
 TO ATTEND THE ARSCE BOARD MEETINGS.  
 PLEASE FEEL FREE TO JOIN US!

Note: Calendar is subject to change by Board approval.

**Application for Membership:**  
**Active & Retired Seattle City Employees**

New Member     Beneficiary   
 Address Change     Dues Payment     Donation

Name \_\_\_\_\_ Tel. No. \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Date Retired \_\_\_\_\_ From Dept. \_\_\_\_\_ Amt. Encl. \_\_\_\_\_

If still employed with the City, indicate the number of years: \_\_\_\_\_

E-Mail Address \_\_\_\_\_

Annual Dues: \$12.00 (7/1-6/30)

Semi-Annual Dues: \$6.00 (For new members joining 1/1-6/30)

If you wish to have your dues deducted from the check you receive in July, please fill out the following section for the Retirement Office and include it with the rest of this coupon when you mail it to ARSCE. Or apply online at the email address below.

**Active & Retired Seattle City Employees**  
**Dues Deduction Authorization**

To: The Board of Administration, City of Seattle Employees' Retirement System:

The undersigned hereby authorizes the City of Seattle Employees' Retirement System to deduct from my retirement, beneficiary and/or disability allowance, such dues as are duly established from time to time by the Active & Retired Seattle City Employees (ARSCE). Until further written notice by me to The Retirement System Office, such deduction shall be made annually from my July allowance and shall be paid to Active & Retired Seattle City Employees, P.O. Box 75385, Seattle, WA 98175-0385.

Name (Please Print) \_\_\_\_\_ Department \_\_\_\_\_

Signature \_\_\_\_\_ Date \_\_\_\_/\_\_\_\_/\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip Code \_\_\_\_\_

Mail to: Active & Retired Seattle City Employees  
 P.O. Box 75385, Seattle, WA 98175-0385 Attn: Victoria Troisi  
 Or Apply online at: <http://arsce.org/membershipapp3.htm>