

ARSCE

News

July/August, 2007

The Association of Retired Seattle City Employees

Volume 35, No. 1

95% FUNDING RATIO REACHED?

Verification should bring a COLA to pre-1998 retirees.

Funding Information



By Mel Robertson, Acting Executive Director
Seattle Retirement Office

Finally, it looks like we have reached the long awaited 95% funding level. Once we have received all of the statements that we are expecting from our investment managers, we will post our estimated funding ratio as of April 30, 2007.

Please keep in mind that the funding ratio that we post is just an estimate. The Retirement Board of Administration has engaged our actuarial firm to conduct a Valuation, which is a formal study to confirm the funded status of our System. We expect this study to be completed by the end of summer.

Once the study is complete, the findings will be presented to the Board at one of their regularly scheduled meetings. If the Valuation confirms that our Fund has indeed crossed the 95%

threshold, the Board will vote as to whether, or not, they wish to have the results of the study submitted to the City Clerk's Office. Please, also keep in mind that if the financial markets experience a major downturn between now and such time as this matter comes before the Board, the Board may not find it prudent to vote to submit the results to the City Clerk's Office. None of the long awaited benefits related to crossing the 95% threshold will occur unless the Board votes to have the results of the study submitted to the City Clerk's Office.

If the Valuation confirms that we indeed have reached the 95% funding level, and the Board votes to submit the results to the City Clerk's Office, several new benefit changes will be made. Here is a brief summary of what will happen. We will of course be sending out multiple mailings to alert our active and retired members of what is happening.

6-month Buyback

Members who joined the System beginning in 1988

continued on Page 5

OUR PRESIDENT'S MESSAGE

By Walt North

I am not a clairvoyant nor am I a mind reader but I predict by the time you read this President's Message, the rumor that the retirement fund has reached 95% will be a well documented reality and you will be very excited about finally getting your long awaited COLA. Want more details? Read the headline story and see Mary Norris' column in this paper.

Our long awaited summer is upon us and it is time to get outside and enjoy Seattle. In addition to the free concerts held at City Hall (see the schedule inside this paper) the Ballard Locks has "free" concerts every weekend throughout the summer. Stop by the information center there to pick up a schedule.

I am taking this opportunity to thank three very special people who hold positions on the ARSCE Board of Directors: Nancy Jo Ceccarelli, Treasurer; Joanne Kinsella, Financial Secretary; and Marlene Mowry, Recording Secretary. They have each agreed to serve another year at their ARSCE jobs. They are the backbone of the organization and they work very hard. For those of you who did not attend the June luncheon, I have been re-elected President for one more year and Bob Graham will continue to serve as Vice President.

Enjoy Life ~

ARSCE DUES REMINDER

ARSCE's 2008 fiscal year is from July 1, 2007 through June 30, 2008. The 2008 dues are payable by July 1, 2007 for all members who self-pay their dues by cash or check. Dues for 2008 are \$ 8.00 per year.

Please check the mailing label on your *ARSCE News*, which notes when your dues expire. If it states "Self-Payment 2007," your \$ 8.00 dues are payable by July 1, 2007 for the coming year. If it states "Automatic Renewal 2007," don't send in any money as your dues will be automatically deducted from your July retirement check.

Please mail your dues to ARSCE, PO Box 75385, Seattle, WA. 98175-0385. Thank you for your support of our organization. If you have any questions regarding dues or membership, or if you need to notify ARSCE of an address change, please contact Joanne Kinsella at 206-362-0902.

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Your Pension News

By Mary Norris
Retired
Employee Member
Of the Seattle City
Employees
Retirement System



By the time you read this article, you will be well aware of our good news. Yes, our **“preliminary estimated”** funding ratio at the end of April, 2007 is 96.15%! The 95% ratio is the goal that we have worked toward for many years and now a COLA – Cost-of-Living Adjustment – seems within our grasp for the benefit of many retirees.

Our Interim Editor, Judith Flemings, reminded me of an article I wrote a year ago and I am going to use most of it here again.. Before a new COLA can be granted, it must follow a procedure set by Ordinance in 2001. First, the Retirement Board must obtain **an actuarial valuation** confirming that we are on or above the 95% funding ratio. For this purpose, we have hired an Actuary Company trained to analyze the retirement system’s assets and liabilities. Mel Robertson, Acting Executive Director of the Retirement Office, “estimates” the funding ratios and is close, but there can be no doubt. It is also important that the financial markets remain strong to support this ratio. This process has already begun and completion is expected by the end of summer. The Board will be notified when the actuarial study determines the exact funding ratio.

The Retirement Board must then file a notification with the City Clerk stating the funding ratio is 95% or higher. The actual payment will become a reality, payable in December. Pre-1998 retirees or their beneficiary (who now receive benefits) will receive a 1.5% COLA and the Floor COLA will go from 60% to 65%. Floor COLA’s are designed to keep a retiree’s monthly allowance from falling below a specified level, when the effects of inflation are taken into consideration.

In addition to the increase in the Floor COLA, employees who retired **in 1997 or before** will have their monthly allowance recalculated to begin receiving an amount equivalent to what it would have been had it been compounded each year of retirement with a 1.5% COLA back to the date of retirement. **T h e r e** will be no “retro pay” but it will change the monthly base you receive. For many of you, there will be a significant increase in your monthly pension. It will bring all retirees, current and future, into the same payment method.

As you know, the 13th check will change. Rather than an explanation in this article, there will be mailings from the Retirement Office to keep all of you informed as the entire process develops. Information is available from the Retirement Office website www.seattle.gov/retirement or through a link to the Retirement Office at the ARSCE website address www.arsce.org. Check it now!

Please realize that the Retirement Office is there to help you, but granting a COLA will demand a great deal of work and they will not be able to answer individual COLA requests on personal accounts.

To stay informed, read each issue of the *ARSCE News* and attend the September 19th luncheon for current information. We are very fortunate that there are many dedicated people working very hard on our behalf. **REMEMBER: DON’T SPEND IT UNTIL YOU HAVE IT!!**

Recently, I heard a speaker talk about the devastation caused by Katrina. A bit of advice that could affect some of you is **THE IMPORTANCE OF HAVING YOUR RETIREMENT CHECK, SOCIAL SECURITY, ETC., DEPOSITED ELECTRONICALLY IN YOUR CREDIT UNION OR BANK!** During a disaster from whatever source, mail deliveries could be stopped or the mailbox destroyed and you would not receive the check that you depend on.

WOW – there is so much to think about – just take time to enjoy the beauty and activities of the season.

Golden Contributions

Norm Angvik, Water
Paul Bonin, Health
Robert Branigin, City Light
William Carlson, Engineering
David Edwards, City Light
Pat Flynn, Engineering
Henry Hirano, Engineering
Florence Jenkins, Beneficiary
Edie Jorgensen, Personnel

George Liapis, City Light
Ted Lockhart, Parks
Tom Lorenz, Engineering
Kenneth Lowthian, Water
Carl Matronic, Transit
Rose Napoleon, City Light
Mildred Navratil, Beneficiary
Walt North, Engineering

Barbara Orr, Seattle Public
Utilities
Kenneth Rutgers, Engineering
Alexandra Soldano, Library
Beatrice Stinson, Beneficiary
Mits Tamura, Seattle Public
Utilities

MEMORIALS

Rich Ceccarelli, Treasurer and
Nancy Jo Ceccarelli, Treasurer
In memory of Doug Howell,
Engineering

John Curtin, Seattle Public
Utilities and
Connie Curtin, Police
In memory of Doug Howell,
Engineering

YOUR CHANGE OF ADDRESS

In order to keep our ARSCE Database updated and make sure all ARSCE members receive the *ARSCE News*, once a year ARSCE uses the “Address Service Requested” service provided by the US Postal Service. This provides us with changes of address for members who have moved, but not notified ARSCE. This year the Address Service Requested was the March/April issue of *ARSCE News*. It costs ARSCE \$ 1.55 for each newspaper returned as “forwarding order expired” and 75 cents for the post office to provide us with a photocopy of the current address change for members. The cost to ARSCE since March 1st, 2007 has been \$ 120.40.

PLEASE NOTIFY ARSCE WHEN YOU MOVE so your change of address can be entered into the ARSCE Database. You can send in a change of address to: ARSCE, PO Box 75385, Seattle, WA. 98175-0385; or use our website at www.arsce.org; or you can call Joanne Kinsella at 206-362-0902.

Statement of Ownership And Management

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Marlene Mowry, Recording Secretary (206) 909-6117
Nancy Jo Ceccarelli, Treasurer (206) 525-5942
Judith Flemings, Interim Editor (206) 322-9122
- 5) Bondholders, Mortgages and Security Holders: None
- 6) The Association of Retired Seattle City Employees (ARSCE) is a non-profit organization for educational purposes according to section 501c(3) of the Internal Revenue Code. Contributions are tax deductible.

ARSCE dues are \$ 8.00 each year from July 1st through June 30th.

Opinions stated by various writers are their own and do not necessarily reflect the policy of ARSCE.

Contact us at www.arsce.org

Parks Department Retiree News

By Pat Coupens

I was invited to attend the Anniversary Dinner Dance of the Bucks and Does Square Dance Club where Jerry and I were former members. The theme was "Hawaiian Luau". The hall was decorated with beautiful flowers and various posters of Hawaii. It was great to see some other former members there who are not dancing now. It was nice to see dancers who were in the Club at the same time we were. Square dancing is a lot of fun and I do miss not dancing.

Stan and Pat Mendenhall took their annual vacation, March 23 to April 4th and went on a trip to the Copper Canyon in Mexico. They flew to Tucson and went by motorcoach to Mexico where they boarded the train that climbed from sea level to nearly 8,000 feet crossing some of the highest bridges in the world and 87 tunnels including a mile long, 360 degree spiral. The rail line is rated one of the most scenic train routes in the world, going from deserts to mountains, forests, and tropical coastlines. They did find the weather quite cold in the higher areas. They spent a couple of days in Santa Barbara on their way home.

Al Hovland talked to Ernie Ferrero recently and learned he had knee surgery.

Ted and Dianne Lockhart flew to Jacksonville, Florida to attend the cousins' daughter's graduation on May 16th.

Al Hovland participated in the re-opening celebration, March 31st, of the renovated Laurelhurst Community Center. A large group of neighbors and Public Officials attended.

Ray Heishanen and his wife left for Finland on May 16th where they will visit relatives and friends for three months..



Parks Retirees Luncheon at the Marie Callander Restaurant at Northgate in Seattle. May, 2007



L-R: Malcolm Boyles, Retired, Recreation; Christopher Williams, Acting Deputy Parks Superintendent; Alan Hovland, Retired, Laurelhurst Community Council Advisory Board President

Photo provided by Alan Hovland

Fellowship All Over Town



Water Department Office Workers luncheons are organized by Eda Anthony. Contact Eda at (206) 932-2832 for the time and place of their next get-together. (Spouses and others are welcome.)

Engineers Luncheon: Retired County and City Engineering people met for lunch quarterly at the Lake City Elks, at NE 145th Street and Bothell Way Northeast. Call Jim Coover at (206) 242-6011 for more information.

City Light Line Crews & Friends Breakfast: This group meets at Denny's at North 155th St. and Aurora Avenue N. on the first Thursday of the month at 8:30 AM. 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 on this contact Denis DeVries at (425) 488-4065 or go to www.rclea.net

Retired Range Service Employees meet at Voula's Off Shore Cafe, 658 NE Northlake Way, Seattle, at 8:30 AM on the second Wednesday of each month..

Seattle Transit Breakfast (North End): This group meets at Denny's at 155th Street and Aurora Avenue North every Tuesday at 7:00 AM. Contact Vern Brenden at (206) 784-6907.

Transit Retirees (South End): Meet at the Burien Elks Club located at 14006 First Ave. So. on the third Saturday of the month at 8:30 AM for breakfast. Contact Al Ramey at (206) 243-8504 or Whitey Rickert at (206) 264-7131.

Seattle Transit Mechanics & Supervisors and All Retirees Lunch: This group meets the second Wednesday of the month at 11 AM at Andy's Diner on 4th Ave. So. Call John Love for information at (206) 242-8665

Another Retired Transit Group: This group meets the 1st Saturday of the month at 7:30 AM at Barley's Restaurant located on N. 205th Street about 3 blocks east of Aurora Avenue No. (north side of the street) Contact Dave Carter at (425) 673-2481.

Old Timers Luncheon Group MTD/DAS/ESD. This group meets at 11 AM the first Monday of the month at the "Old Country Buffet", 4022 Factoria Square Mall, SE Bellevue, WA.

Engineering Retirees' Lunch: Engineering Dept. Field Personnel Retirees meet the 1st Wednesday of the month at 10 AM at the Marie Callander Restaurant located at 9538 First Avenue NE.. 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 Marie Callander Restaurant at 9538 First Ave. NE. Doors open at 11:00 AM. Contact Jesse Howell (206) 282-5338 for further information.

Building Dept./DCLU Retirees: This group arranges lunches and parties from time to time. Also Ann Hanes has a group of Building Dept. women who meet every other month at different locations. She can be contacted at 242-3769.

Health Dept. Environmental Health Workers and Spouses meet weekly every Saturday for breakfast at 7:30 AM. All Health Dept. retirees are welcome. For information call John Nordin at 524-7837.

BOOK NOTES



By Lorry Garratt, Library

THE SAINTS AND SINNERS OF OKAY COUNTY.

By Dayna Dunbar

Small Southern towns allow settings for the most marvelous of reads and this is one. It is 1976, the town is Okay, Oklahoma. Aletta Honor, sweet and trusting, is broke. She is pregnant with her 4th child and her useless, jobless husband Jimmy is usually somewhere else, generally in a bar or with another woman. Then Aletta discovers she has a natural psychic ability to see the futures of others and this not always welcome gift opens the door to a parade of marvelous characters and a new future for Aletta.

THE BRIMSTONE WEDDING. By Barbara Vine

Ruth Rendell, writing as Barbara Vine, has turned out another of her dark, passionate tales which are never mysteries in the usual sense but often involve evil deeds. Stella Newland is a gracious elderly woman who is dying of cancer in an English nursing home. Her primary caregiver is Genevieve Warner, a kind intelligent woman. The two women forge a friendship built on their similar love affairs which had betrayal and deadly consequences.

UN-BRIDALED. By Eileen Rendahl

A wonderful light read – but not foolish – about a runaway bride, an off the wall family, and even two kooky dogs. Chloe leaves her handsome successful fiancé at the altar and literally bolts. Everyone is stunned and there are all those wedding gifts to return. But life goes on, Chloe helps renovate her grandmother's bungalow and of course with those dogs she gets to meet the beguiling vet.

RESISTANCE. By Anita Shreve

Over the years there have been countless tales of the French Resistance in WWII and this is one more and very fine. In a Nazi occupied Belgian village a desperately wounded American pilot is nursed by the wife of a resistance worker. They begin a love affair in the midst of the terror and imminent discovery. Betrayal is also never far from the surface. The end of the story and all the answers come in 1993.

PLAY TO THE END. By Robert Goddard

Goddard is an elegant writer but also a master storyteller combining mystery, suspense, and always the unexpected surprise. Actor Toby Flood is traveling with the production of a newly unearthed Joe Orton play. It is not going well and probably will fold on the road. Then Jenny, his still loved ex-wife, appears on the scene. She is being stalked. She is also engaged to a handsome wealthy man. The events are connected and Toby leaps into the fray and discovers deaths, greed, and his own dangers.

STRANGE AFFAIRS. By Peter Robinson

Det. Inspector Alan Banks is haunted and withdrawn after nearly dying in a fire that destroyed his home. When a woman is found murdered in her car on a peaceful country lane with his name and address in her pocket Banks is forced back to activity. Since he never knew the woman and in addition his estranged brother Roy has mysteriously disappeared his dormant skills are put to immediate use.

RULES FOR OLD MEN WAITING. By Peter Pouncey

A deeply sensual, moving, thrilling novel of a brave and elegant old man as he waits for his death. Robert MacIvor, a historian who once played rugby for Scotland, creates a list of rules by which to live out his last days. He invents a tale of men in the trenches in WWI and then moves on to his own role in WWII where he served and finally to Vietnam where his son fought and died. Always present in the background is his beloved wife Margaret.

THE COLLECTORS. By David Baldacci

The four eccentric men of the Camel Club are back. They work in the shadow of the nation's capitol investigating conspiracy theories. This time they are searching for a rogue CIA agent who heads a ring that sells classified information, and the stately halls of Congress, especially its rare book section, a particularly interesting focus. A fifth person tags along and contributes a new set of insights and skills, the beautiful Annabel, herself on the run from a deadly Mafia boss.



Engineering Department SEDSO Picnic

SEDSO retirees please join fellow retirees and current employees at the annual SEDSO Picnic on

**Saturday, August 11, 2007 at
Lake Sammamish VASA Park
3560 W. Lk Sammamish Parkway SE
Bellevue, WA.**

**Gates open at 11:00 AM. Food and drinks served at 12:00 PM
Bingo starts at 12:30 PM.**

**Door prizes and a special drawing for retirees
Reptile Man will be back again with all his interesting friends.**

Retiree and one guest FREE.

**To reserve your admission, call Judi Johanson at 206-684-8010
or Julie Erickson at 206-684-5092**

**Retirees, let's get together to celebrate our
pension system reaching the 95% goal.**

WELCOME NEW MEMBERS!

Catherine Anstett, Parks
Jack Beach, City Light
Miguel Benito, Dept. of Executive Administration
Pamela Boring, Health
Alan Brittenham, Fleets & Facilities

Donald Conrad, Seattle Public Utilities
Malcolm Derr, Seattle Public Utilities
Catherine Futtrup, City Light
Michael Knutson, City Light
John Marshall, Parks

Michael Melnyk, City Light
Teresa Norberg, Police
Barbara Orr, Seattle Public Utilities
Kristina Peterson, City Light
Billy Rainwater, Seattle Public Utilities

LeRoy Scheideman, Police
Karen Tando, Police
Thomas Tanner, Seattle Public Utilities
Mike Wilson, Library
Valorie Yamasaki, Dept. of Transportation



Join ARSCE Today!

FUNDING RATIO *continued from Page 1*

through 1998 did not make contributions during their first six months of service to the City and will not receive any Retirement Service Credit for the first six months either, unless it is purchased. If the 95% level is confirmed, and submitted to the City Clerk's Office in 2007, then there will be a one-year window during calendar year 2008 for these members to buy their first six months or service credit. We plan to put together a mailing that will calculate the amount that each member would need to pay, if they wished to buy this time. It will be based on the current pay data in the payroll system multiplied by the contribution rate of 8.03%, multiplied by 1044 hours. For members who miss the one-year window of opportunity, they will still have a future opportunity to buy the time, however, it will be calculated using the actuarial cost method, which is significantly more expensive. (See examples and info about actuarial cost calculations on the FAQ page of the website.)

COLA's

If the 95% level is confirmed, and submitted to the City Clerk's Office in 2007, then we expect to be able to implement a new COLA structure, beginning on the retiree paycheck that is mailed on or about December 1st. There are several parts to implementing this benefit, one of which includes increasing the Floor COLA level to 65% from its current level of 60%. Floor COLAs are designed to keep a retiree's monthly allowance from falling below a specified level, when taking into account the effects of inflation. In addition to the increase in the Floor COLA, retirees who retired in 1997 or before, will have their monthly allowance recalculated to begin paying an amount equivalent to what it would have been had it been compounded each year with a 1.5% COLA, back to the date of retirement. This will be a significant

increase. There will be no "retro pay"; it will only change the monthly amount on a going forward basis.

This 1.5% COLA will replace the Bonus COLA, or what some call the 13th Check. The Board is looking into adopting a method to phase in the implementation of the 1.5% adjustment for those retiree that are currently getting a Bonus COLA and will not be receiving an adjustment from the 65% Floor COLA. While these retirees will see a significant increase in their monthly allowance, the first check that is produced on or about December 1st will not be as much as what they would have received for that month with a Bonus COLA added. For example, a retiree who was receiving \$1,000 per month might have received a Bonus COLA of \$1,200 (depending on which year he or she retired) whereas the 1.5% COLA adjustment might be an additional \$340 per month. The plan the Board is considering would pay this group of retirees the Bonus COLA on the December 1st check as it would have been in past years, and defer the change to the new monthly amount until the check that is payable on or about April 1st. By the time the subsequent COLA adjustment is processed the following December 1st, these retirees will have received significantly more than they would have from the monthly increase when compared to what was received with the Bonus COLA.

Those receiving a Floor COLA adjustment will receive an increase that will tend to approximate what the Bonus COLA would have been, in the form of a COLA catch-up. Those who retired in 1998, and after, currently receive a 1.5% COLA each year.

We do not have any information about which years of retirement will now receive the benefits of the increased Floor COLA and will not have this information until after the summer.

A Point to Ponder

By Eric Lamers, City Light Retiree

This is just a short story about something I experienced many years ago, in the fall of 1967. I still think about it occasionally and ponder the situation I was in at that time. It was during a moose hunting trip with three City Lighters and three other friends. We were deep in the Canadian poplar forest, some thirty miles north of the town of Athabasca, which is about 80 miles north of Edmonton, Alberta.

I have never told this incident to anyone, ever, not even to my hunting partners. However, recently, while hiking with a friend who also used to hunt, I broke my silence and confided this story to him.

I got up early on the last of ten days in the woods to go on a short hunting excursion by myself, before breakfast.

Between the six of us hunters, we still had one moose tag and I was going to try to shoot another moose to fill our group's quota before we broke camp and loaded our pickup trucks. The Alberta government actually hinted at using all tags within a hunting party because there was an overabundance of moose at that time. The government also allowed non-registered guides to be hired from the Athabaskan Indian population, and good guides they were. We hired two guides for twenty dollars each, per day. They guided, cooked, washed the dishes, and did odds and ends in camp. License fees were greatly reduced and bagging fees were suspended, yet we never encountered another hunting party in the area.

Before heading out, I loaded my 30/06 rifle with cartridges and put one in the chamber. I clicked the safety to on, slung the weapon over my shoulder, and meandered off into the woods. The poplar forests here crisscrossed every mile in a north-south and east-west pattern that was put in by oil explorers, years before our visit, to move their equipment. Other than this, the forest seemed undisturbed by humans. The fall colors were out and the air smelled good. The "cut lines" were convenient for hunting because they were generally easy to negotiate by foot or by pickup truck. Wild animals crossed them freely and our hunted prey would never be more than one-half mile from a road, mostly on flat land. However, we preferred the prey to be much closer so we would not have to carry the heavy carcass too far.

I walked slowly along one of these lines, listening for the rustling of feeding moose or the 'freight-train' sound of a bull moose charging through the forest, breaking everything in its way.

Every once in awhile I stopped and looked around, rifle

on my shoulder and my ears perked. At one of these stops, as I listened and scanned my eyes along the cut lines, I spotted it! It was about sixty feet away from me on the other side of the grassy road, motionless and staring at me. It was a majestic, beautiful gray timber wolf. I could only see its head and front quarters through the thicket. Tall and healthy looking, he or she sniffed the air in my direction, but showed no teeth. No hair rose on its neck nor did it make a menacing move. It seemed so peaceful and natural. The wolf stood still and I stood still. We looked at each other for what seemed like a long time, but it was probably just seconds. It was a beauty of an animal, but I hoped it would just backup and disappear into the woods. Motionless – both of us – we just stared at each other. Thoughts went through my mind very rapidly: wolves run in packs; Mother wolves are very protective of their young; Is this wolf the scout of the pack waiting for others to come?; Would s/he start howling to call the others?; If the wolf decided to lunge at me, would I have the time and coordination to get my rifle off my shoulder, safety off, aim and shoot and hit the moving target?; Or would I lose my nerve and do nothing?

All of this went through my mind with great rapidity. Maybe the wolf was thinking along the same lines. It was such a beauty. Mostly gray with black and white rippled thick fur ready for the winter. If I backup and leave he will get brave and come after me. If I move quickly, he will be startled and attack.

I broke the standoff by deciding that I had to make the first move and kill this beautiful animal. I moved the gun from my shoulder as slowly as I could, very gently, not jerking, and cautiously I took off the safety and slowly moved the rifle to aim at the neck of the animal. Then, one shot. The wolf dropped like limp cloth. No jumping, no jerking, no muscle flicker. It just lay there. I immediately put another cartridge in the chamber, just in case. Then I approached the animal carefully and with my hand on the trigger, I nudged it with my rifle barrel. There was no life left, no blood, and the entry wound was covered by thick fur. I did not look for the exit wound.

I pulled the dead animal into the bushes and sadly went back to camp wondering why, when we accidentally meet like this in the woods, one of us had to die just because we could not communicate with each other. Maybe the wolf was a father or a mother or the wise leader. Then, I came into its territory and now it is dead.

I had headed out meaning no harm other than hunting for food. I presume the wolf was out for the same reason.

Back in camp, my hunting partners asked if I had killed another moose? No I told them. I just fired at a tree to unload the ammo from my rifle chamber.



Internet Schmineternet

By Jim Taylor, ARSCE Webmaster

Use the Seattle Public Library Electronic Resources – AT HOME

What an extraordinary resource we have in the public library! The library is even more important for seniors, for whom reading becomes such an important activity as mobility gradually decreases, and time available to read increases. And those books at the library are FREE, aren't they, another important attribute for folks on a fixed income.

BUT, there is another side to the modern Seattle Public Library (SPL), an extraordinarily diverse and valuable collection of electronic resources, some of which are available to you only if you have a Seattle Public Library card. (If you live in Seattle and don't have a card, GET ONE!) Unlike the book collection, you can view these electronic resources at home on your internet-connected computer at home. No library visit is necessary, and like the books, they are FREE. (The SPL catalog, listing all library holdings including books, is viewable at home.)

Databases. Wow, there's a boring word – "database". Don't you believe it. Go to the Seattle Public Library website, www.spl.org, click on "Databases & Web Sites" in the upper center of the page, and open up a new world. This will bring you to a list of categories. For a look at one of the most unusual SPL databases, click on "Science and Technology". As you scroll down the list you will be amazed I am sure, but don't stop on such tempters as "Safari Books Online", continue down to "Birds of North America Online", and click. The library has purchased this database, and other electronic resources, for SPL patrons, a resource most of us would find unaffordable as individuals. Therefore, this is where you need your SPL library card, just as you would to check out a book purchased by the library for its collection. Simply enter your library card number in the space provided. You will also need a PIN number, just as you need one to use your ATM card at a bank. If you do not have a PIN number, call the library at 206-386-4190 to get one.

"Birds of North America" first offers you a search screen. Enter "American Goldfinch". Why? It's the Washington State bird. When you press enter, the search will execute and return a page with an article about the goldfinch and some "buttons" at the top of the page. Select "Images". Recognize this lovely creature from your backyard or your walks in fields and along rivers? Try zooming the size. Can't do that with a book, eh? Next select the button called "Sound & Video". This one really demonstrates the power of the Internet, computers, and the folks at Cornell University who thought up "Birds of North America". Under the picture of the bird, click on the "Play" arrow to see a video. Under "Audio", click on "Play" to hear two different recordings of Goldfinch songs". Books are wonderful, but "Birds of North America" is an outstanding example of the resources a modern library offers. (NOTE: to see the videos in "Birds of North America" you need to have the QuickTime program installed on your computer. This is a free download from Apple.) Here are some quick notes on other databases available from Seattle Public Library.

Newspapers: So you don't subscribe to the "New York Times" or the "Wall Street Journal", but there are times you wish you did? Check out the full text of these newspapers by selecting "Magazines & Newspapers" then "National Newspapers". Can't remember whether that article from 2002 was in the "Seattle Times" or the "P-I"? Find it in "Washington State Newsstand".

Photographs: Remember the famous wartime photograph of the sailor and the nurse kissing in Times Square? Get the original and many other images from 1840 to the present in "AP Photo Archive."

Consumer Reports: Do you sometimes need "Consumer Reports" but are not a subscriber. Get the full text of the articles as recent as three months ago.

Local Laws: Did you ever wonder if cars are really allowed to park on the sidewalk in Seattle, or if that dog barking after midnight is illegal? Check it out at "Seattle Municipal Code". In this case the library has provided you with the link. Also find links to the "Revised Code of Washington" and the "United States Code".

Travel: Are you considering several countries for your next vacation? The culture and features of 190 countries are described in text, pictures and sound at "CultureGrams Online".

These are only a few of the many databases available at Seattle Public Library for you to use at home or when you are in SPL facilities. Find them at www.spl.org, and while you are there investigate the "Digital Books & Media" as well. And don't forget you can consult the SPL catalog and place holds from your home computer. Your library has never had more to offer you than it does now.



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 the "Old Country Buffet," 4022 Factoria Square Mall, S.E. Bellevue, WA. at 11:00 AM. Remember to mark your calendar for remaining luncheon dates in 2007: July 2, August 6, September 10, October 1, November 5, and December 3. As you will see, some of these dates are on the second Monday, because the first Monday falls on a holiday.

Attendance at our luncheons has improved since the weather has been getting much nicer. We had twenty-three attending our May lunch. Al Brittenham joined us at the May lunch and we encouraged him to continue joining all of us at future luncheons.

Terry and I just returned from a cruise that took us from Cape Canaveral, Florida through the Panama Canal and ending in San Diego, California. The ship made several stops along the way, including Aruba, Puntarena, Costa Rica, Acapulco, Mazatlan, and Cabo San Lucas, Mexico. It was a very interesting cruise and we learned a lot of details of the problems that both France, and the United States encountered during the building of the canal. For those of us that live in the Seattle area, the operation of the canal is the same as the Locks in Ballard, only at a much larger scale. As a friend told me, you could save a lot of money by going down to Ballard and viewing the Locks and then out for fish and chips! Not quite the same thing though

May birthdays included Bob Bentler, Gordon Cady, Rita Graumann, Lloyd Hansen, Russ Langstaff, Barbara Lively, Gertie Loffler, and Gene Lucas. June birthdays were celebrated by Charlie Arntsen, Hans Loffler, Joan Mayor, and Jerry Robertson. Birthday wishes to all of them.

TAPS

...Masashi Hirai, retired from the Fire Garage, our condolences to his family. Also our sympathy goes out to Russ Langstaff, whose wife passed away in May.

Again, let me remind all of you that have retired from our department to join us for some fellowship at our monthly luncheons. Remember to keep the first Monday of each month in mind and join us for lunch at "Old Country Buffet" in Factoria Square..

**"Life is not about how fast you run,
or how high you climb,
but how well you bounce."**

philosopher unknown

Ken's Parachuting... Etc.

By Ken Hunich, City Light Retiree

(Now living alone without his dear wife, Ken thinks with guilt frequently of the anguish he gave this caring and loving woman)

There are many interesting things around us that we can do. I've been fortunate to have experienced many of them. Some things you put off but until you realize time is going on. It's clear you ought to put it out of your mind or do something about it. So it was for me with parachuting out of a plane.

The Urge When I told Dear One "I want to jump out of an airplane", after having lived with me for a long time it's understandable why she suggested an alternative: "Why don't you just stick your head in a bucket instead!"

When she realized I was serious about wanting to do it, she looked me straight in the eye and said, "You're sixty!" with a finality that indicated she felt she had made her point.

"Gee, do you really think I should wait a few more years?", I asked.

A Decision Thereafter followed an intense discussion between us that included forceful words, possible threats, tears, imploring and finally reluctant resignation. "Agreement" would not describe the conclusion of our talk.

When I told my two married children of my impending adventure, they seemed to share my anticipation and wanted to know where and when it would happen so they could watch. I told them I'd signed up at the Issaquah airfield beside I-90. There I was told that safety was a main concern and I would have to take six hours of training before my jump.

My grandkids also assured me they would be there, too. "We want to see you jump grandpa!"

If you saw my family group leave for the airfield on THE day, depending on who you were looking at, you might think we were going to either a circus or a funeral.

Learning The jump school consisted of lectures, a slide show, demonstrations, plane exiting techniques, how to recognize whether--after you have left the plane--your chute was functioning properly. Thereafter, the emphasis was on everything that could go wrong and what you should (try) to do. If your best efforts to correct a bad thing failed, you will have to jettison your main chute and deploy your emergency chute. You practice this by hanging in a parachute harness in a building and going through again and again the procedure for main chute release and emergency chute deployment.

You had to remember both procedures and the order in which they should be done. After you have separated from your fouled main chute, they prefer you don't have memory lapses on what you should do to deploy your emergency chute.

Main Chute The main chute is rectangular and consisted of forward-facing tubes open at the front. It's like hanging under a thin nylon air mattress. You don't drop straight down, but rather sail down on a sloping path like flying a glider. Your forward motion is about 20 miles per hour which rammed air into the tubes' open fronts and kept them inflated and, shaped like a wing, causing aerodynamic lift and slowing your descent. By pulling on lines you could steer your "glider" (*Whoopee!!!*), or create near stops followed by rapid drops---definitely what you must not do at low elevations. You need finesse near the ground; correctly done there, your forward motion stops and you strike the ground as though you jumped off a kitchen chair. (*Hey, that's neat!!*) Incorrectly done, it could be similar to a free fall off of a third story balcony (*"Why am I in an ambulance?"*)

I noted that the instructors had no students dozing or with bored expressions.

Landing If your main chute fouls or otherwise malfunctions, you must quickly release it and use your backup chute. It's smaller, round and you come down like hanging under a large umbrella. It's pointed out when you descend on your backup chute you will be striking the ground with the equivalent of jumping down from

"Gee, that's as high as the roof edge on my house", I thought, where I had experienced anxieties of possible falling while cleaning the gutters.

"When coming down on your emergency chute, if you land on both feet as usual with legs apart, you will likely hurt yourself, possibly breaking your jaw with your knee", we were told. Thereafter we were taught to land with both legs pressed tightly together, and to roll to one side. We practiced this by jumping off increasing heights, first into a pit of pea-gravel, then on packed dirt.

If you do it right, you will roll down your side and end up nearly standing on your head with your feet pointing skyward---before you plop to the ground. This is the last thing you must prove you can do properly before putting on your now-familiar chutes and harness and head for the plane.

Yeah, "the last thing", which I had done correctly several times. But on this practice time I did it wrong causing the outside of my shoulder to slam into the ground with great pain. Consequently I didn't go to the plane, but went to the hospital instead where I was diagnosed with arm bruises and a broken collar bone.

"Oh, thank God that's over!" my wife commented as she drove me home from the hospital in my shoulder/arm sling.

Epilogue A little over a year later, my wife and I were attending a banquet for the retirement of a longtime fellow worker. People were sitting on both sides of long tables and all were in conversation with those beside and across from each another.

The fellow across from me remarked, "Hey Ken, I remember last year you broke you collar bone while getting ready to parachute from a plane. Did you ever go back again?"

"Yeah!", I said, "And it was a blast! I had to go through all the training again before I jumped. But it was worth it after I almost wet my pants jumping out into space...."

Then I noticed he was not looking at me, but at my wife.

I turned sideways to look at her. She was looking directly at me in a set face with tight lips.

She spoke slowly and distinctly, "You-didn't-tell-me-you-parachuted-out-of-a-plane!!!"

"Well, ah..., after I broke my collar bone the first time, I didn't think you would be interested" I replied, which was the best I could think of at the moment.

(Dear One, please know I am really sorry for the many worries I caused you.)



In Memory

Note: Names with an asterisk (*) are ARSCE Members

Karen Compton, Municipal
Court
Died: 03/12/07
Age: 64

Edna Coston, Comptroller's
Office
Died: 03/05/07
Age: 99

Norma Hooks, Municipal
Courts*
Retired 11/89
Died: 03/12/07
Age: 88

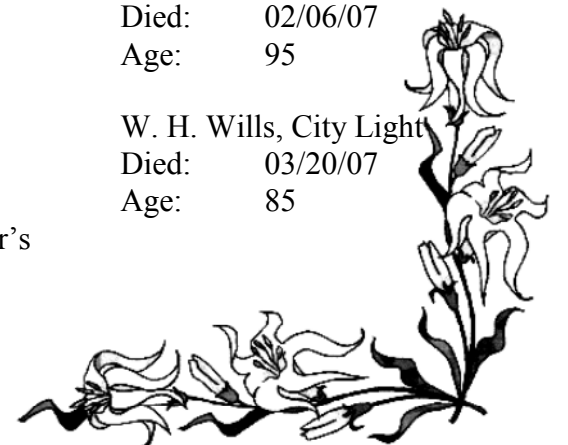
Richard Onsager, Treasurer's
Office
Died: 02/27/07
Age: 77

Robert Parsons, City Light
Died: 02/26/07
Age: 59

Nobuichi Tanaka, City Light
Died: 03/21/07
Age: 82

Margaret Welch, City Light*
Retired: 10/72
Died: 02/06/07
Age: 95

W. H. Wills, City Light
Died: 03/20/07
Age: 85



Walking the Dog

By Bill Kruller, Seattle Public Utilities Retiree, ARSCE Board of Directors

Adjusting to the life of retirement is still a challenge for me. I am in the third year of doing so. One of the wonderful benefits I have found, is the available time in the morning to walk my dog.

My wife, Grace, and I have had one or two dogs in our family for the past forty-plus years. Two years before my retirement we lost a wonderful Golden Retriever. While in our driveway, he wandered from my side on a dark and stormy night and was hit by a car going too fast past our property. I said I would never have another dog, I would never want to experience such a loss again. A few months after I retired, my wife said "We need a dog". Other retirees said that a dog is a burden if you want to be free to travel. My wife has a big influence on our decisions.

We have a dog!

Fox is her name (or The Fox or Fokie). She is mostly Chow, with a black tongue, but the influence of a Sheltie gives her a long, non-pug nose, and a tail that curls over her back only on occasion. We obtained her when she was ten months old. She had a history as a runaway who had been collected by PAWS and who was then raised as a teenager's pet in an apartment. She earned her name by escaping from the fenced yard I had enclosed for a larger dog. She lay on her belly with legs sprawled in the four directions of the compass and she wiggled out like a snake.



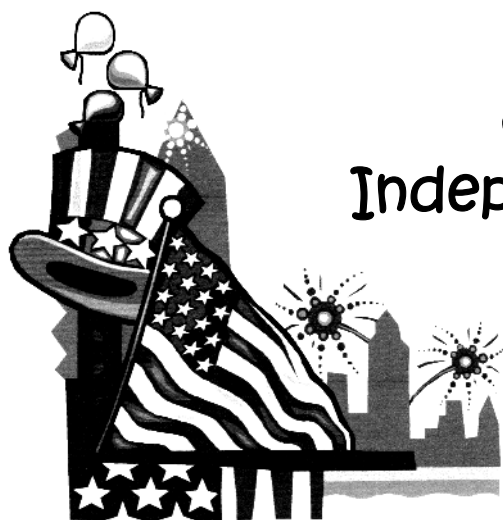
She will not come to a call so I walk her on a thirty-foot rope. I can retrieve her even if she thinks she has other plans. I have been told that Chows are "cats in dogs clothing" because of their independent attitude. Fox reinforces that idea.

Over the past two years, she and I have become local characters between 8 AM and 9:30 AM. We have not missed a morning walk despite what the weather might be.

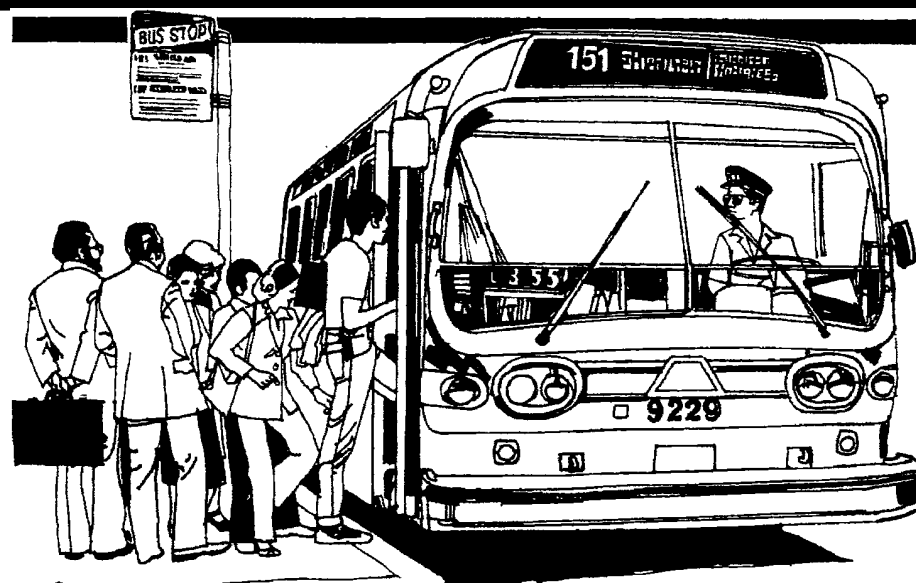
We live on the northeast peninsula of Bainbridge Island. The road that fronts our property runs about one mile from Faye Bainbridge State Park to the Port Madison inner bay. From the State Park, we look across Puget Sound to see Shilshole Bay in Ballard. In Port Madison there is a community of homes with many built in the era of 1860. People there allow us to roam their private beaches, but when challenged, I reply that I am a private citizen (which should give us adequate credentials).

The roads can be classified as "country". People wave to us when they pass in their vehicles. I can see their hands, but often not their faces. There are other people out walking, mostly stay-at-home moms and retired folk. Most are walking their dogs. I know few of the names of the people, but I know many of the names of the dogs.

The vision of a beautiful retirement for many is travel. We have friends who have visited the Antarctic, the Arctic, the Baltic Sea, all of the USA, Europe, Mariners spring training site, and China. We have done a little traveling ourselves. But the daily ritual of walking the dog and saying hello to the neighborhood inhabitants is a very big benefit of retirement.



July 4th
Independence Day



The View from the Buses

By John D. Love

While attending a fifth anniversary celebration of a family friend, I spotted a familiar face in the crowd. It was Dale Bailey, a retired Service Supervisor. Dale attends the church I use to attend before I moved to the SeaTac area. It was good to see Dale as I had not seen him for almost twenty years.

John and Nikki Daniels sent me a note telling me they had sold their home in Mukilteo and are living in their motor home, roaming the southwest. They are thinking about relocating some place where it is warm. At this writing, they are looking in the Hill Country of Texas. Time will tell.

On May 25th, Bob Rothwell had been driving for Transit for 40 years. The younger drivers keep bugging him about retiring so they can move up the seniority list. He has told them he wants to be # 1 on the seniority list and then he will think about retiring. As of the last pick, he can start thinking about it; however, he says it is not on his mind. He likes what he is doing. Bob also just returned from working at a church in Mexico. A group from his church has been going down to Mexico to help out, once a year, for almost twenty years.

A note from Hans and Phyllis Lygren indicates they have returned from a 16 day cruise to Hawaii. They left Seattle at Pier 30 and arrived in Vancouver, BC. On their return they were bussed by Grayline back to Pier 30. A highlight of their trip was seeing two volcano's erupting at the same time.

Binnacle List

I received word that Ted Lang had a stroke last March and is in an assisted living home arrangement in Auburn, Washington.

A note from Dale Bartz dated 5/21/07 informed me that he would be in the hospital to have his left hip replaced. He would be off his computer for awhile. Dale later informed me that he had his new hip. A new procedure was used on him and he was sent home after a two day stay in the hospital. He says that the nurses were impressed with his recovery. He is at home now, but will be unable to do much for some time.

TAPS

I see in the "In Transit" magazine that the ATU awarded death benefits to several Local 587 members. They were Michael W. Donahue, Robert I. Johnson, Douglas B. Rockness, Fritz Wedeberg, and Daisy M. Wesselius.

Our sympathies go out to those families that have lost loved ones. We should remember that the survivors need support in their time of sorrow and we should extend that support to the best of our ability.

If you have news that you want to share, please send me a note and I will see that it is in the next *ARSCE News*. Send your news to John Love, 3227 S. 184th Street, SeaTac, WA. 98188-4955. My telephone number is (206) 242-8665. You can also reach me at e-mail address Dennerle1@juno.com

That's all for now ~~

Seattle Center Dance Schedule

By Margaret Petersen, Senior Programs, Center Retiree

The City of Seattle hosts dances for all ages, but designed for 55+ in the Center House on most Mondays from 1–3 PM. The current schedule is as follows:



JULY DANCES

July 2	1-3 PM	Center Friends Dance – Rhythm-aires Band
July 9	1-3 PM	Center Friends Dance – Bonnie Birch Band
July 16	1-3 PM	Center Friends Dance – Rhythm-aires Band
July 23	1-3 PM	Center Friends Dance – Lauren Petrie
July 30	10:30A-12:30P	Line Dancers/Free Class & Demo
July 30	1-3 PM	Center Friends Dance – Lauren Petrie

AUGUST DANCES

Aug. 6	1-3 PM	Center Friends Dance – Rhythm-aires Band
Aug. 13	1-3 PM	Center Friends Dance – Bonnie Birch Band
Aug. 20	1-3 PM	Center Friends Dance – Rhythm-aires Band
Aug. 27	1-3 PM	Center Friends Dance – Lauren Petrie

NOTE: No Dance on Sept. 3 due to BUMBERSHOOT

For information call (206) 684-7200 or log on to www.seattlecenter.com

Folkdancing – Mons. & Thurs., 7-10 PM. Info at 206-525-6143

School Answering Machine

(from the Internet)

This is the message that the Pacific Palisades High School (California) staff voted unanimously to record on their school telephone answering machine. This is the actual answering machine message for the school. This came about because they implemented a policy requiring students and parents to be responsible for their children's absences and missing homework.

The school and teachers are being sued by parents who want their children's failing grades changed to passing grades – even though those children were absent 15-30 times during the semester and did not complete enough school work to pass their classes.

The outgoing message:

“Hello! you have reached the automated answering service of your school. In order to assist you in connecting to the right staff member, please listen to all the options before making a selection:”

- * To lie about why your child is absent – Press 1
- * To make excuses for why your child did not do his work -- Press 2
- * To complain about what we do – Press 3
- * To swear at staff members – Press 4
- * To ask why you didn't get information that was already enclosed in your newsletters and several flyers mailed to you – Press 5
- * If you want us to raise your child – Press 6
- * If you want to reach out and touch, slap, or hit someone – Press 7
- * To request another teacher, for the third time this year – Press 8
- * To complain about bus transportation – Press 9
- * To complain about school lunches – Press 0

If you realize this is the real world and your child must be accountable and responsible for his/her own behavior, class work, homework and that it's not the teachers' fault for your child's lack of effort: Hang up and have a nice day!



Seattle Presents . . .



Seattle Presents showcases leading Seattle-area performers year round in the City Hall lobby and outdoors on the Civic Plaza in the summer. These are **FREE** concerts, usually held on the 1st and 3rd Thursdays of each month. (Check concert dates below.) The concerts begin at Noon and they are open to the public. Brown bag lunches are welcome. City Hall is located at 600 Fourth Avenue in downtown Seattle. See and hear the following:

July 12th – Memphis Radio Kings Melody, hooks and rhythm stewed together for an altered country sound. Borrowing liberally from 70s rock, indie-pop, gospel, blues, and country genres.

July 19th – Global Drum Masters Bop, bam, and booms aplenty as Japanese, African, Native American, and Brazilian drummers gather for a massive percussion extravaganza. The White Eagle Singers, Eduardo Mendonca, One World Taiko, and Yeke Yeke take part in this rhythmic celebration.

July 26th –Christy Mc Wilson -- This twangy roots-rockin' gal of renown, and former vocalist for The Picketts, crafts heartfelt tunes with psychedelic rock influence. She will be joined by her five-piece band.

August 2nd -- Balkan Cabaret – Old city songs of the Balkans played anew by artists from Seattle's Macedonian, Croatian, and Serbian communities.

August 9th – YAHBOY! – Island rhythms and steel pans ring out in the contemporary Calypso sound of YAHBOY! YAHBOY! intones tropical tunes at City Hall.

August 16th – The Masters of Lindy Hop & Tap – The Century Ballroom brings the second annual Masters of Lindy Hop & Tap to City Hall. Dance legends will teach and perform to the tunes of the Solomon Douglas Swingtet. Bring your dancing shoes.

Traffic Jam**

August 16th at 5:00 PM -- Hip Hop & Spoken Word Mashup** – Skip the afternoon commute and kick back with hip hop from Common Market and performances by poets Buddy Wakefield, Melissa Noelle Green, Seattle Poet Populist Jourdan Keith, and other top Seattle spoken word artists.

Presented in partnership with 90.3 KEXP.

August 23rd – Visqueen – 90.3 KEXP and Seattle Presents welcome the punky power pop trio out to rock City Hall. Rolling Stone Magazine proclaims: “If Visqueen were a major label baby band, radio would be all over them like static cling.”

August 30th – Carlos Cascante y su Tumbao – Bring your salsa shoes and enjoy exhilarating Latin American and Caribbean music. Tumbao includes some of Seattle's finest musicians hailing from Costa Rica, Mexico, Kenmore, Panama, Puerto Rico, and Pullman. The band effortlessly performs a variety of rhythms from Boleros to Timba and Joropo to Danzon and more!

There are several parking lots located within a one block walking distance of entrances to City Hall including: Sea Park Garage, Seattle Municipal Tower, Bank of America Tower, United Parking on 4th Ave. & Cherry Street, 4th & Columbia Parking – same block as United Parking, Diamond Garage on 3rd Ave. & Cherry Street.

Telephone 684-7171 for additional information. Or, go online to reach Seattle Presents at arts.culture@Seattle.gov

You can contact this newspaper by writing ARSCE NEWS,
P.O. Box 75385, Seattle, WA. 98175-0385
Or contact the paper at
arscenews@yahoo.com

Exercise

Safety Tips for Runners and Walkers

(Reprinted flyer)

Each year more and more people take up running and walking because it is a quick, inexpensive way to stay fit. If you travel often, running or walking is an excellent way to maintain your exercise regimen. Also, many community centers, neighborhood and senior groups (and shopping malls), are starting walking clubs. Consider joining one, it's a great way to meet new people. Here are a few pointers to help you keep safe when you "hit the road."

Before You Leave

Plan your outing. Always tell someone where you are going and when you will return. Tell friends and family of your favorite exercise routes.

- Know where telephones are located along your route.
- Wear an ID tag or carry a driver's license. If you don't have a place to carry your ID, write your name, phone number, and blood type inside your athletic shoe. Include any medical information.
- Don't wear jewelry or carry cash. Wear reflective material.
- Carry a whistle.

On the Road

Tell a family member where you are going and the time you expect to be back.

- Stay alert at all times. The more aware you are, the less vulnerable you are.
- Run or walk with a partner or dog.
- Don't wear headsets. If you wear them you won't hear an approaching car or attacker. Listen to your surroundings.
- Consider carrying a cellular phone.
- Avoid unpopulated areas, deserted streets, and overgrown trails. Especially avoid poorly lighted areas at night.
- Run clear of parked cars or bushes.
- Ignore verbal harassment. Use discretion in acknowledging strangers. Look directly at others and be observant, but keep your distance and keep moving.
- Run/walk against traffic so you can observe approaching automobiles.
- Trust your intuition about a person or an area. React based on that intuition and avoid areas you feel unsure about.
- Be careful if anyone in a car asks you for directions. If you answer, keep at least a full arm's length away from the car.
- If you think you are being followed, change direction and head for open stores, theaters, or a lighted house.
- Have your door key ready before you reach home.

Call police immediately if something happens to you or someone else, or you notice anything out of the ordinary. It is also a good idea to check with police about any criminal activity in the area where you plan to run or walk.

Stay Alert

Sometimes runners and walkers get lulled into a "zone" where they are so focused on their exercise they lose track of what's going on around them. This can make runners and walkers more vulnerable to attacks. Walk and run with confidence and purpose. If you get bored running without music, practice identifying characteristics of strangers and memorizing license tags to keep you from zoning out.

Running and Walking in the Evening or Early Morning

OK, so you missed the opportunity to exercise during the light of day, but you still want to get in a quick three miles before turning in for the night or before the sun rises. The best advice when exercising in the dark is to get off of the streets and head to the security of a well-lighted outdoor track. If you are a walker, consider laps around an indoor shopping mall. If these options are not available or just aren't for you, consider these tips before heading out:

- Make sure people can see you.
- Think about where you are going and how well-lighted

it might be.

- Going out at dusk or at night is dangerous without some type reflective device on your clothing. Many athletic shoes have reflective qualities built in, but also consider a vest, complete with reflective tape.
- Watch the road. Wet or icy spots are considerably harder to see in the dark.
- Again, keep alert. Dawn and dusk offer convenient shadows for muggers and other crooks.

Away from Home

Many people have taken up running and walking so they will be able to exercise when they are traveling. Remember, just because you are away from home doesn't mean you can let your guard down when you exercise.

- Check with the hotel staff or concierge to find safe routes for exercise. If there is not an acceptable place to exercise outdoors, see if the hotel/motel can arrange access to a health club or gym.
- Become familiar with your exercise course before you start. Get a map and study it.
- Remember the street address of the hotel/motel. Carry a card with your hotel address along with your personal ID.
- Leave your room key with the front desk.
- Follow your usual safety rules.

Keep fit. Enjoy your exercise routine.



Who Are They?

(Unscramble the names of these former City leaders)

- 1) BLOWNEUD -----
- 2) ZLEERTNO -----
- 3) TEWJET -----
- 4) DDEELR -----
- 5) HTIORMS -----
- 6) CIERHC -----
- 7) AIRDSCHR -----
- 8) INRPESTNEER -----
- 9) TEPYT -----
- 10) YWVNAREEDN -----
- 11) LOWKOOIPDSD -----
- 12) EVLREEL -----
- 13) STAAMSR -----
- 14) AKRMRE -----
- 15) OCYLEO -----
- 16) PTAP -----

ANSWERS:

1-Newbould, 2-Lorentzen, 3-Jewett, 4-Eldred,
5-Rosmith, 6-Recchi, 7-Richards, 8-Pernsteiner-
9-Petty, 10-VandenWeyer, 11-Podlodowski,
12-Revelle, 13-Massar, 14-Kramer, 15-Cooley,
16-Tapp

LAUGH A LITTLE EVERY DAY....

JUST FOR FUN

JUMBLE

(Answers on Page 12)



AT LEAST THAT'S WHAT THE CHICKENS SAY

SPECIAL POEM FOR SENIOR CITIZENS!!

A row of bottles on my shelf
 Caused me to analyze myself.
 One yellow pill I have to pop
 Goes to my heart so it won't stop.

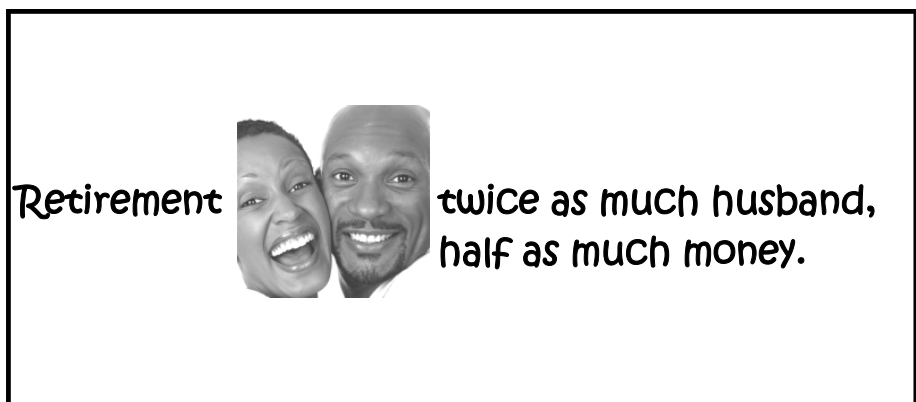
A little white one that I take
 Goes to my hands so they won't shake.
 The blue ones that I use a lot
 Tell me I'm happy when I'm not.

The purple pill goes to my brain
 And tells me that I have no pain.
 The capsules tell me not to wheeze
 Or cough or choke or even sneeze.

The red ones, smallest of them all
 Go to my blood so I won't fall.
 The orange ones, very big and bright
 Prevent my leg cramps in the night.

Such an array of brilliant pills
 Helping to cure all kinds of ills.
 But what I'd really like to know.....
 Is what tells each one where to go!

There's always a lot to be thankful for if
 you take time to look for it. For example
 I am sitting here thinking how nice it is
 that wrinkles don't hurt...



Retirement twice as much husband,
 half as much money.

Unscramble these four Jumbles, one letter to each square, to form four ordinary words.

VINEA
 [] [] [] [] [] [] [] []

MIRGE
 [] [] [] [] [] [] [] []

SARROY
 [] [] [] [] [] [] [] []

PERRIM
 [] [] [] [] [] [] [] []

Answer: TO [] [] [] [] [] [] [] [] HIS [] [] [] [] [] [] [] []

Now arrange the circled letters to form the surprise answer, as suggested by the above cartoon.

Unscramble these four Jumbles, one letter to each square, to form four ordinary words.

STUQE
 [] [] [] [] [] [] [] []

HECEK
 [] [] [] [] [] [] [] []

TEXTENT
 [] [] [] [] [] [] [] []

TRAU LB
 [] [] [] [] [] [] [] []

Answer: A [] [] [] [] [] [] [] [] OF THE [] [] [] [] [] [] [] []

Now arrange the circled letters to form the surprise answer, as suggested by the above cartoon.

This is the transcription of an ACTUAL radio conversation between the British and the Irish off the coast of Kerry, Ireland, October, 1998. The radio conversation was released by the Chief of Naval Operations 10/10/98.

(Submitted by Lorry Garratt, Library Retiree)

IRISH: Please divert your course 15 degrees to the South to avoid a collision.

BRITISH: Recommend you divert your course 15 degrees to the North to avoid a collision.

IRISH: Negative. You will have to divert your course 15 degrees to the South to avoid a collision.

BRITISH: This is the Captain of the British Naval Ship. I say again, divert YOUR course.

IRISH: Negative. I say again, you will have to divert YOUR course.

BRITISH: THIS IS THE AIRCRAFT CARRIER HMS BRITANNIA, THE 2nd LARGEST SHIP IN THE ATLANTIC PACIFIC FLEET. WE ARE ACCOMPANIED BY 3 DESTROYERS, 3 CRUISERS, AND NUMEROUS SUPPORT VESSELS. DEMAND YOU CHANGE YOUR COURSE 15 DEGREES NORTH OR COUNTER MEASURES WILL BE UNDERTAKEN TO ENSURE THE SAFETY OF THIS SHIP.

IRISH: We are a lighthouse Your call.

**FREE BUS TRIP TO THE
TULALIP CASINO
IN MARYSVILLE
AND \$ 5.00 OFF THE LUNCH BUFFET**

On Tuesday, July 24th, 2007

We need at least 20 people (maximum of 24) on a "first come, first served basis", for a fun lunch and playing the tables or slots. The only requirement is that you must sign up as members of the Tulalip Rewards Club upon arrival and use the Rewards Card while gaming.



The bus leaves the Lake City Elks parking lot (at 14540 Bothell Way NE) promptly at 9:00 AM and arrives back at the lot at 3:00 PM. Advance Reservations only. Reservations by Thursday, July 19th.

For reservations/cancellations/information, please call Allen Foss at 360-658-4001 or toll free at 877-661-7051.

(Answers to Page 11 Jumble Puzzle)

**NAIVE GRIME ROSARY PRIMER
TO IMPROVE HIS IMAGE**

**QUEST CHEEK EXTENT BRUTAL
A BATTLE OF THE HEXES**

**HELP WANTED — Pierce County
ATTN: Retired City of Seattle Engineers**

The Development Engineering Section of Pierce County Planning and Land Services have an ongoing need for engineers with experience in design and plan review. This work involves the site development review of road improvements, commercial projects and formal plat subdivision projects in unincorporated Pierce County for compliance with County Standards.

Site development review will primarily involve the storm drainage and road design disciplines of civil engineering. The ideal applicant should have significant work experience in a similar position: BSCE, EIT, or P.E. is desirable, but is not required. Salary determined on qualification(s). We can offer flexibility in work hours and work location. *Note: Retired City of Seattle employees can work up to 1,040 hours/year for Pierce County without compromising retirement benefits.* For more information, please contact Mitch Brells, P.E., Pierce County Development Engineering Manager at (253) 798-3755, e-mail address mbrells@co.pierce.wa.us; or Ken Cook, P.E., Pierce County Area Review Supervisor at (253) 798-7239 or e-mail him at kcook@co.pierce.wa.us



**2007
MEETING & PUBLICATION DATES**

- Wed. June 20 Luncheon Meeting (Swear in Officers & new Board Members)
- Fri. June 22 Mail ARSCE News (July/Aug Issue)
- Tue. July 31 News Deadline (Sep/Oct Issue)
- Wed. Aug. 08 Executive Board Meeting
- Fri. Aug. 24 Mail ARSCE News

- Wed. Sep. 19 Luncheon Meeting
- Tue. Sep. 25 News Deadline (Nov/Dec Issue)
- Fri. Oct. 26 Mail ARSCE News (Nov/Dec Issue)
- Wed. Nov. 14 Executive Board Meeting
- Tue. Nov. 27 News Deadline (Jan/Feb Issue)
- Wed. Dec. 12 Annual Christmas Party

Note: Calendar is subject to change by Board approval

**Application for Membership
The Association of Retired Seattle City Employees**
Address Change?() Dues Payment?() Donation?() New Member?()

Name _____ Tel No _____
 Address _____
 City _____ State _____ Zip _____
 Date Retired _____ From Dept. _____ Amt Encl. _____
 E-Mail Address _____
 Annual Dues: \$ 8.00. Fiscal year is July 1 to June 30. Dues for Jan. 1 to June 30 are \$ 4.00.

If you wish to have your dues deducted from your July pension check, please fill out the following section for the Retirement Office and include it with the rest of this coupon when you send it to ARSCE.

The Association of 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 City 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 Association of Retired Seattle City Employees. 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 The Association of Retired Seattle City Employees, P.O. Box 75385, Seattle, WA. 98175-0385.

Name (Please print) _____ Department _____
 Signature _____
 Address _____
 City _____ / State _____ / Zip Code _____

Mail to Association of Retired City Employees. P.O. Box 75385, Seattle, WA. 98175-0385. Attn: Joanne Kinsella