

# ARSCE

(Pronounced "R-C")

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## News

## OUR PRESIDENT'S MESSAGE

By Walt North

Spring is underway. Time to renew and do I need renewing. The old bones are looking forward to some sunshine. My body may be in the "winter" season of my life but my mind is more like a "spring" chicken. It is time for gardeners to get the planting cycle going. Plant those seeds or buy new plants. Time to start enjoying the outdoors.

"Time flies when we are having fun," but where does the time go? Now be honest, how many times have you written 2007 forgetting that it is 2008? Someone I know, they will remain anonymous, misspoke and started to say 19 something and not 2,000 something. It is hard to believe that the 19's have been gone for 9 years.

Some of the good old stand-bys will return: the Ballard Lock's Concert Series and the Seattle City Hall Concert Series. With the COLA in place, we should have a little extra to play with. Please think about attending an ARSCE Luncheon this year if you have not attended in the past. To those individuals that already attend our luncheons, I will be seeing you at our March 19th Spring Luncheon.

Do not forget to vote for your six favorite candidates to fill the vacated positions on the ARSCE Board of Directors. (See their platforms in this paper.) Better yet, you could think about running for a position next year.

~~ Enjoy life

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## COLA Appreciation

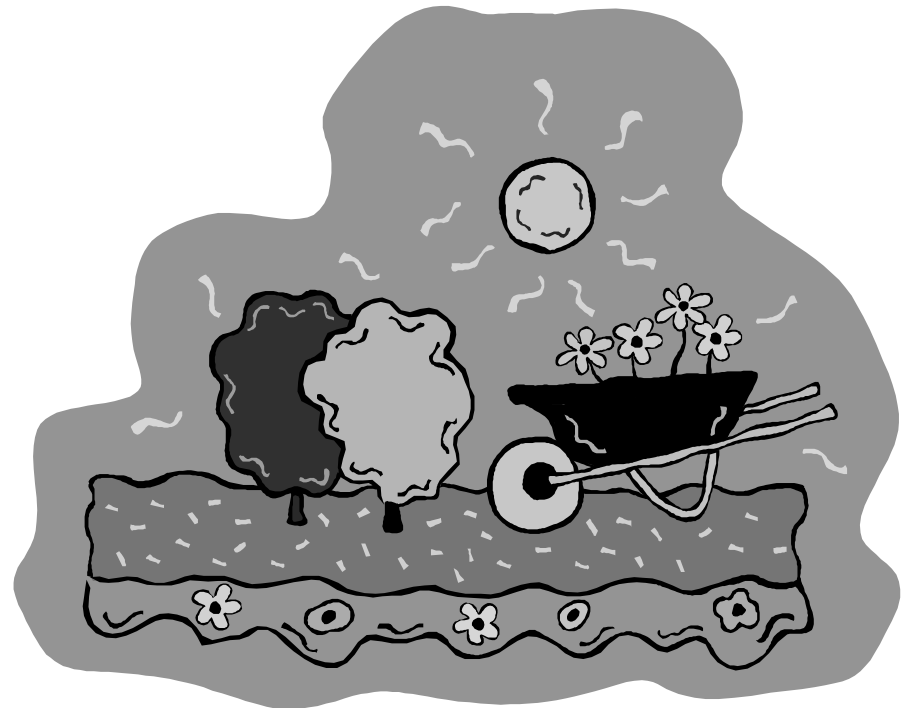
By Mary Norris, City Light Retiree and Retirement Board Member

*Ed. note: the text which follows is the speech Ms. Norris delivered to a grateful audience at the December 12<sup>th</sup>, 2007 ARSCE Christmas Party and COLA Celebration.*

I have been asked to recognize those who have worked to obtain the COLA that all of us are celebrating today. Russ Teller led the way twenty-two years ago because retirees were existing on benefits that could not keep up with the cost of living.

Unfortunately, Russ cannot be with us today because he now lives at Crista Nursing Facility, as the victim of Parkinson's Disease. During the long struggle there were always two people at his side, Dolores, his wife, and his long-time friend, Eddie Haw and his wife, Ann. We are fortunate to have Eddie and Ann here today. (Please take a bow.) There are 5,000 retirees indebted to both of you for your foresight, determination, and the many hours devoted to visiting unions, retiree organizations, the Mayor, the City Council, Retirement, and ARSCE Board meetings. In addition, Russ and Eddie wrote many articles for the *ARSCE News* stressing the dire need of all retirees. The best part is that both Eddie and Russ are able to benefit from the COLA and enjoy the satisfaction of knowing you made many people happy. Thanks Eddie, you are one of our heroes.

The next part is not easy and the best way to get into trouble. There are many people who deserve recognition and I will try to give credit where due.



**THINK SPRING!**

Because I know them best, I will start with the current Board. I rave about the job Mel Robertson has done on our behalf filling in as Executive Director and executing the COLA for us. He has met every deadline and every detail. It has not been an easy task. He is here today. Mel, take a bow. The next person, Lou Walter, has represented the active employees for several terms, but one of his goals has always been to get a COLA for retirees. He has played an important job on the Investment Committee as well.

Frank Mathews (well known for his Credit Union role) has had several terms as Community Representative and is another great supporter. Rod Rich planned to be here today, but he is in the dentist chair. Rod Rich is a more recent elected employee representative. He has also been an invaluable and wise member on the Investment Committee for several years. Mark McDermott is the City of Seattle Personnel director who ensures that all employee concerns are recognized. Other key players have been Richard McIver, Seattle City Council Member (and previously Council Member Jan Drago) and Dwight Dively.

*Continued on page 7*

## RECORDING SECRETARY NEEDED

**Our Recording Secretary, Marlene Mowry, will be leaving her position at the end of her term, effective June 30, 2008. Your ARSCE Executive Board is searching for her replacement. The major responsibilities of the position are keeping the minutes of the Executive Board and the membership meetings. If you are interested in this position or if you can suggest someone who might be, please telephone Walt North at 206.365.5416. A small monthly salary is available for the position.**

## Your Pension News

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



It is a challenge to begin 2008 without the COLA being the main focus of my article. Now that the COLA is a reality we can be happy that it was all finalized when the economic conditions were so favorable. If the first few days of the New Year are any indication, we must count our blessings for “the window of opportunity” that 2007 provided.

I know that the COLA was a welcome relief and the monthly check increases are a big help to all retirees. You may be assured that the Retirement Board and the Investment Committee will continue to use their expertise to manage the funds with the same diligence, scrutiny, and integrity for the benefit of all active and retired members.

We welcomed our new Executive Director at our January 3<sup>rd</sup> Board meeting. Cecelia Carter had officially begun her new position the day before. The City Council has now made their Committee assignments and Jean Godden is the new Chair of the Finance Committee and hence, the Chair of the Retirement Board. Ms. Godden will attend our February 6<sup>th</sup> meeting. (Ed. note: See Council Committee assignments elsewhere in this paper.) And one more change will be that our Board meetings will now be held on the first Wednesday of each month at 9:00 A.M. at the Pacific Building, 10<sup>th</sup> Floor.

The estimated funding level for October was 96.72%. On November 30<sup>th</sup> it was 92.84% and December will see another loss. These losses were indicative of the financial markets and had nothing to do with our COLA.

Because of recent publicity, several active members attended our January Board meeting to express their concern about an increase in their contribution rate through union negotiations. Lou Walter was able to assure them that this is not an issue at this time.

The Ordinance that legalized our COLA provided an opportunity for the purchase of creditable service for the initial six months of City service. Employees who were hired between 1988 through 1998 may purchase this 6-month service by paying the present value of their benefit increase into the Retirement Fund. This “buy back,” which began January 1<sup>st</sup>, will be available through November, 2008 only. For details, check: The Retirement Office [www.seattle.gov/retirement](http://www.seattle.gov/retirement)

As I bring this to a close, I want to apologize to Rod Rich for omitting his name as an employee representative on the Retirement Board in my last *ARSCE News* article. Sorry Rod, this won't happen again!!!

**Remember our Board meeting on Wednesday, March 5<sup>th</sup>. This will be a good time to meet Cecelia Carter and Council Member Jean Godden.**

**WELCOME NEW MEMBERS!**

Leslie Anderson, Seattle Public Utilities  
Joan Austin, Health  
Elke Boettcher, Library  
Carmen Claus, City Light  
Rosemarie Nichols, City Light  
Tony Panchenko, Executive Administration  
Brenda Pontius  
Paula Rose, City Light  
Janeen Smith  
William Winje, Seattle Public Utilities

## Old Timers Luncheon Group

By Jerry Robertson

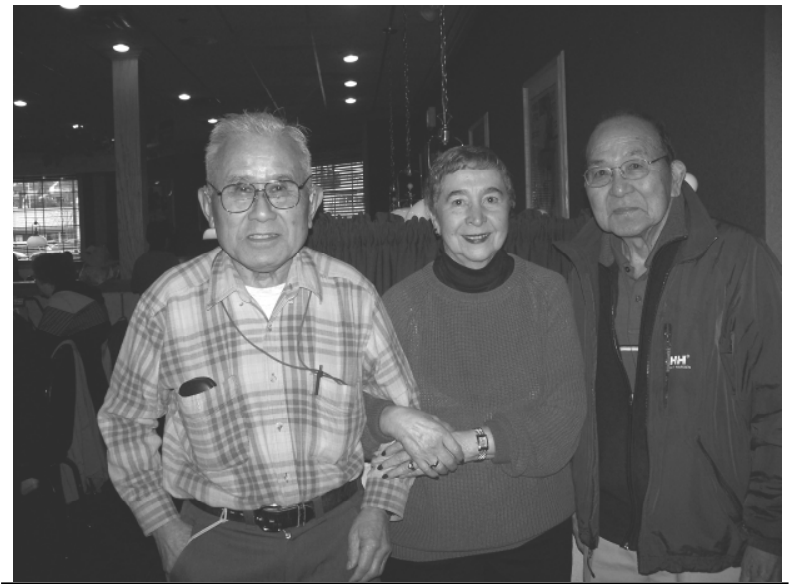
The Old Timers Luncheon Group continues to meet the first Monday of each month at the “Old Country Buffet,” 4022 Factoria Square Mall, S.E. Bellevue, WA., at 11:00 AM. Remember to mark your calendar for luncheon dates in 2008: March 3, April 7, May 5, June 2, July 7, August 4, September 8, October 6, November 3, and December 1.

We had twenty-two people attending our December luncheon. We had a total of twenty-six attending in January. The weather has not kept members of our group from coming. We all seem to have an appetite for good food and friendly conversation. For those of you reading this article, and not now attending, it is time you joined us.

Terry and I attended a surprise birthday party for Al Mayor just before Christmas. Al was really surprised and had no idea his children had planned this party. It was nice to have the opportunity to visit with Al and Joan.

January birthdays were celebrated by Janice Eickstadt, Masaru “Mo” Fukui, Kiyoto Hashimoto, Earl Rouleau, and Jim Stubbs. February birthdays included Stella Hashimoto, Denis Keyes, Roger Smedsrud, and Arne Smedsrud. March birthdays will include Reiner Graumann, Gordon Hirai, Paul Nikolaisen, and Alberto Quan. “BIRTHDAY WISHES” to all of them.

Masaru “Mo” Fukui celebrated his 91<sup>st</sup> birthday in January. Mo continues to be the senior member of our group. He still drives and does his gardening. Way to go “Mo.”



L-R: Masaru Fukui, Janice Eickstadt, & Kiyoto Hashimoto

### TAPS

Ellis Healey, Equipment Servicer for MTD at the Water Shop, passed away on December 18, 2007. Ellis spent his whole career with the City at the Water Shop. His father also was an Equipment Servicer at the Water Shop. Our condolences to the family and friends of Ellis. At his request, his ashes are to be scattered over Puget Sound to join: “All of the fish I never caught.”

Remember to keep the first Monday each month in mind and join us for lunch and friendly conversation at “The Old Country Buffet” at Factoria Square.

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And Management

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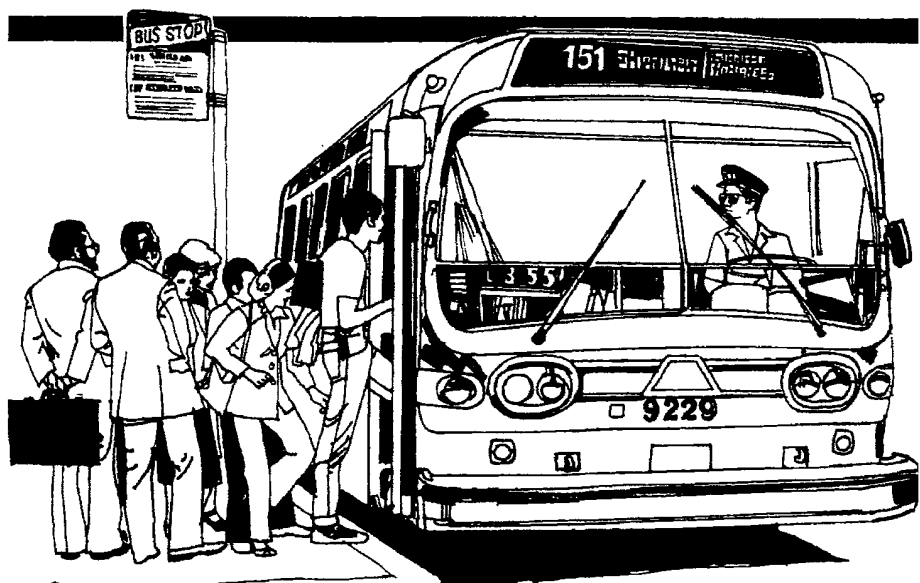
3) Frequency of issues: Six (6) issues each year.

4) Walt North, President (206) 365-5416  
Robert N. Graham, Vice President (425) 432-1717  
Joanne Kinsella, Financial Secretary (206) 362-0902  
Marlene Mowry, Recording Secretary (206) 909-6117  
Nancy Jo Ceccarelli, Treasurer (206) 525-5942  
Judith Flemings, 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 501(c)(3) of the Internal Revenue Code. Contributions are tax deductible. ARSCE dues are \$ 8.00 each year from July 1<sup>st</sup> through June 30<sup>th</sup>. Opinions stated by various writers are their own and do not necessarily reflect the policy of ARSCE.

Contact us at [www.arsce.org](http://www.arsce.org)



## The View from the Buses

By John D. Love

**NOTE:**

Andy's Diner on 4<sup>th</sup> Avenue South has closed. Until a new location is found for luncheon meetings, lunch on the second Wednesday of the month for the Transit Mechanics, Supervisors, and all retirees is cancelled.

I received a call from Carol Gilberts, widow of Ben Gilberts. Ben worked in the Safety section at Transit when he retired. Carol wanted to make contact with Larry Bark and his wife and also wanted to locate Ruth Hockersmith. Also I received word that Don Cook is now in an assisted living facility in Arizona. I received a call from Jim Cradock and he informs me that he went through open heart surgery in October and he is recovering in fine form. He said that he had a four-way bypass. Jim is settled in the Ellensburg area and spends a lot of his time refurbishing antique tractors.

I am pleased to report that those retirees who belong to the City of Seattle pension system are receiving their COLAs (cost-of-living adjustments) as of the 1<sup>st</sup> of December. This is thanks to the efforts of Russ Teller, Eddie Haw, and others who are too numerous to mention. Those folks who have been involved in achieving the COLA deserve a "big pat on the back" for their efforts.

**TAPS**

I received a call from Merther Lee, widow of Lee Wertz. Lee passed away from renal failure on November 13<sup>th</sup>. Lee retired on 09/01/90 and was 79 years old at his passing. The ATU awarded death benefits for Francisco Geronimo, Ronald W. Harwood, and Akira Higashi for the month of November, 2007. After noting above that Don Cook is now living in an assisted living home in Arizona, I later learned that he has passed away. Don was in his 83<sup>rd</sup> year. He retired on 10/23/83. One of the things I remember most about Don is that he and his wife Ethel road motorcycles. Don was a service supervisor at his passing. I received an e-mail that informed me that Ervin "Nick" Nichols passed away on 01/10/08. Nick was 70 years old. A memorial service was held on 01/19/08 in Federal Way. Nick had been Chief of Base Operations.

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 with other retirees you can send me a note via the land mail at 3227 S. 184<sup>th</sup> Street, SeaTac, WA. 98188-4955. Again, my land line is 206.242.8665 or you can e-mail me at [Dennerle1@juno.com](mailto:Dennerle1@juno.com)

*That's all for now ~~*



**JOIN ARSCE TODAY**

## ATTENTION

**Former Skagit City Lighters. . . all ages!**

Annual Skagit Reunion Luncheon  
Mt. Vernon, WA. Royal Fork Restaurant

**Tuesday, April 29<sup>th</sup>, 2008 – 11:30 AM**

Questions? Call Joyce Harrison at  
1-360-757-1635

## 2008

### Seattle City Council Committees

Richard Conlin, Council President

<u>Committee</u>	<u>Chair</u>
Public Safety, Human Services & Education	Tim Burgess
Planning, Land Use, and Neighborhoods	Sally Clark
Environment, Emergency Management, & Utilities	Richard Conlin
Transportation	Jan Drago
Finance & Budget	Jean Godden
Energy & Technology	Bruce Harrell
Culture, Civil Rights, Health, Personnel & Labor Policy	Nick Licata
Housing and Economic Development	Richard McIver
Parks and Seattle Center	Tom Rasmussen

## In Memory

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

Noman Champlin, DCLU Died: 10/13/07 Age: 71	Richard Petek, Engineering* Retired: 05/95 Died: 10/14/07 Age: 74
Halvor Dahl, City Light Died: 10/14/07 Age: 83	Esther Rounds, City Light* Retired: 04/76 Died: 09/09/07 Age: 92
Thomas Dunlap, City Light Died: 10/18/07 Age: 89	Frank Stevens, Seattle Public Utilities Died: 09/29/07 Age: 67
John Dunscomb, Water* Retired: 05/90 Died: 08/20/07 Age: 82	Vernon Taylor, Water Died: 10/09/07 Age: 90
M. Dean Gray, City Light Died: 09/20/07 Age: 70	John Vibber, Parks* Retired: 06/80 Died: 10/30/07 Age: 92
Al Heine, Water* Retired: 06/89 Died: 01/13/08 Age: 80	Lee Wertz, METRO* Retired: 08/90 Died: 11/13/07 Age: 79
George Kamihara, Administrative Services* Retired: 01/92 Died: 09/30/07 Age: 79	William "Al" Westerman, City Light* Retired: 01/07 Died: 12/27/07 Age: 65





## Parks Department Retiree News

By Pat Coupens

I want to thank Al Hovland for filling in for me by writing the last Parks article in *ARSCE News* while I was on vacation. And thanks to him also for sending in pictures from Duane Penttila's Celebration of Life.

I had a nice long vacation. I went to Kihei, Maui, Hawaii with my sister in November and spent Thanksgiving there staying at our favorite, the Waiohuli Beach Hale. I came home and had to pack again to leave December 5<sup>th</sup> for Mesa, Arizona to visit my daughter and son-in-law, Dennis and Sharon Olsen, and spend Christmas with them and my grandson, Kris and family. While there they took me to Tucson and Yuma. In Yuma we walked across the border to Algodones, Mexico and shopped. I hadn't brought my passport with me to Arizona so I was concerned about getting back to the US. I inquired and was told we could use our drivers license with picture until January 1<sup>st</sup>, 2008 and then passports were needed. The next time I go to Arizona, I will be sure to have my passport.

Vance and Molly Tagart along with their daughter, Sandy and their grandchildren, went to Washington D.C. on October 15<sup>th</sup> for five days. They went to Arlington and while there they saw the changing of the Guard which impressed the grandchildren. They also saw John Kennedy's grave.

I had a Christmas card from Gail Wildeen, Ray Wineinger's daughter, who use to bring Ray and Dorothy to the Parks luncheons. She said she goes to see her Dad every week at Shelton, WA., and he is about the same.

Marian Goddard went to Tucson, AZ to visit a friend for Thanksgiving. While there she and her friend went to Puerto Vallarta for five days.

I called Clarice Yeager (wife of Verle) to see how she is doing. She still lives at home and has caregivers 24 hours a day. She is feeling better and still looking for a retirement, assisted living place.

I was told there was a fairly good attendance for the Christmas luncheon at Marie Callendars on December 12<sup>th</sup>. Some new faces were there. Marv Morgan, Roland Gardner, T.J. and Esther Jacoby,

Norm McCrea and Susan, Ken Petrie, Bill Fagerland and Marlene, and Walt and Mae Lindlauf were there.

### SAD NEWS

A number of Parks retirees attended the funeral services of Richard Clark at the Bonney Watson Funeral Home on December 8<sup>th</sup>. He worked for the Parks Department for 28 year. Our sympathy to his wife, Judy, and children.



L-R: Ralph Jellison and Ray Wineinger  
(Photo by Al Hovland)



Richard Clark (Photo by Al Hovland)

## Internet Schminternet [http](http://www.arsce.com) @

By Jim Taylor, ARSCE Webmaster

### Bicycling Seattle and Environs Safely

For many of us bicycling is an ideal way to get exercise. Unlike walking, it does not put more pressure on our poor overused feet. With spring approaching, the weather will be more conducive to cycling, and there are many safe and scenic locations for two-wheeling in our neck of the woods.

Maybe you haven't biked in a while. Perhaps you don't even own a bike. Maybe you'd like to rent one before purchasing. You may be unsure what type of bike on which to venture out, or where to renew your biking skills. *The website of the renowned Cascade Bicycle Club is the single most important web resource for local cycling.* [www.cascade.org](http://www.cascade.org) Spend some time familiarizing yourself with this site. It is invaluable. On it you will find not only a description of the club's activities (notably organized rides and advocacy), but links to bicycle shops, rental locations, rides and routes. Select a convenient place to rent or buy from the pages on the Cascade website, and be sure to check out the links to downloadable cycling maps at [www.cascde.org/Community/maps\\_routes.cfm](http://www.cascde.org/Community/maps_routes.cfm)

#### Where to ride?

Though there is a growing network of bicycle lanes on the streets of Seattle and neighboring municipalities, dedicated trails are safer, especially for the occasional cyclist.

The Seattle area is blessed with many miles of trail, most paved. One can easily put together a trip of 5 miles or 100 miles, and rarely stray from trail to street. To familiarize yourself with these trails, start at the King County Parks website: [www.metrokc.gov/parks/trails](http://www.metrokc.gov/parks/trails). You should also check the City of Seattle website at: [www.seattle.gov/transportation/bikemaps.htm](http://www.seattle.gov/transportation/bikemaps.htm). I have selected five trails for comment. Check the websites for the latest info on trail improvements and extensions.

#### Burke-Gilman/Sammamish River Trail.

([www.metrokc.gov/parks/trails/burkegilman.html](http://www.metrokc.gov/parks/trails/burkegilman.html)) These two easy, level trails form a continuous link from Shilshole Bay in Seattle to Marymoor Park in Redmond. There are many access points, so rides from a few miles to 60 miles are easily designed. Very busy on weekends, the best time to ride the trail is mid-day during the week.

#### Cedar River Trail.

This trail is essentially level, a very gentle climb from Renton to Maple Valley. Though popular, it is not crowded. A nice option for those with at least medium-width tires, is the last five miles of the trail, now called the Maple Valley Trail. It has a good gravel surface, and runs through the South King County Arboretum. At the end there is a shopping center with a nice local coffee shop. Altogether about a 30 mile round trip.

**Alki.** See the map at: [www.seattle.gov/transportation/bikemaps/southbikemap.pdf](http://www.seattle.gov/transportation/bikemaps/southbikemap.pdf). Throw your bike on your car or rent wheels in West Seattle, and do the Alki Point and Alki Beach trail. Park on Harbor Ave and ride north. Depending on how far you go, this is a 5 to 10 mile ride, though of course you can shorten it to any distance by turning around early. This is very crowded on weekends, but an entertaining people-watching experience for sure. Stop on the point and watch the ships, waterfowl, kayakers and scenery. Then travel along the beach and stop for coffee in one of the venues in the Alki business district. If you choose, continue on city streets along the water to watch seals, herons and other wildlife. This is a can't-miss joyful experience.

#### Centennial Trail.

[www1.co.snohomish.wa.us/Departments/Parks/Information/Park\\_Directory/Regional\\_Parks/Centennial\\_Trail.htm](http://www1.co.snohomish.wa.us/Departments/Parks/Information/Park_Directory/Regional_Parks/Centennial_Trail.htm). Drive to Snohomish, park on Maple Street, and take all or part of this trail to just south of Arlington. Much of the trail skirts wetlands or runs through pleasant wooded areas with views across the Snohomish River Valley. The southernmost five miles are great to do with your grandchildren, as there is a snack bar at the renovated Machias Train Depot for a rest before turning around. Doing the whole thing is presently a 34 mile round trip, and the trail is being extended as you read this.

#### Interbay/Elliott Bay Trail.

See the map at: [www.seattle.gov/transportation/bikemap.pdf](http://www.seattle.gov/transportation/bikemap.pdf). Park near the Palisades Restaurant at the base of Magnolia Bluff and find the trail under the Magnolia Bridge at Garfield Street. Follow it north first, and then around a loop and head south through the Burlington Northern train yards. Then enjoy a leisurely ride along the water through Myrtle Edwards Park, finally arriving at the glorious Olympic Sculpture Park. This ride is only a few miles, but is a wonderful way to enjoy our urban environment and waterfront. Stop along the way to enjoy the view, and the sculptures. Eat at the Sculpture Park or along the waterfront in front of you as the trail ends. **Bicycling is a great way for seniors to get exercise and enjoy our lovely home. Have a wonderful time!**

## 2008 ARSCE Executive Board Election

Please familiarize yourself with the candidates who are running for a position on the ARSCE Executive Board. The candidates autobiographies and platforms are listed below in last name alphabetical order. Your vote is important! Although the COLA has been received, there are still issues to be resolved. ARSCE must remain a viable, efficient, and effective voice for all City of Seattle retirees. No other organization out there — anywhere — has our collective interests as priority. Remember to vote now. Your ballot must be postmarked no later than Wednesday, March 12th, 2008. The candidates who are offering us their services at this time are as follows:

**NOTE: Please vote for just 6 of these 8 candidates.**

(Inc) ⇨ Incumbent

**DALY, Michele.** I currently co-chair the ARSCE Meetings, Programs and Tours Committee and am a former ARSCE Board Member. I retired from the Parks Department in 1992 after 30 years service. (I also worked for City Light, the Engineering Department, and the Mayor's Office.) I will help assure issues are continually reviewed to protect and improve benefits for City retirees.

**GRAHAM, Robert. (Inc)** I retired from the Engineering Department and am currently serving on the ARSCE Board. My second term as ARSCE's Vice-President is nearing its end and I desire to continue on the Board for another term. I humbly ask for your support in this election. We have, as a team, achieved several of our important goals, but there are more yet to be reached. I believe my knowledge and experience can provide a real asset in meeting these objectives.

**HARTWIG, (WILLS) Rosemary.** I retired in 1998 after 30 years of service with the Engineering and Parks Departments. I was a landscape architect and worked on projects throughout the City. I also worked with citizens groups and volunteers. I have a cooperative work ethic and will do my best to represent all City retirees.

**HERRIN, Michael.** I retired in 2005 as Director of Business Technology in the Department of Executive Administration. During my 30 years of service I also worked in Parks, Law & Justice Planning, Engineering, Personnel, and the Finance Departments. My project management experience, knowledge of many department and City operations make me ideally qualified to solve issues and to protect and improve the retirement system benefits for all City retirees.

**JORGENSEN, Edie.** I retired from the City Personnel Department in 2006, with 33 years of service. Most of my time was spent in employment testing and registers, later followed by personnel records management, classification,

and compensation administration. I have been a representative of my local community on an Unincorporated AREA Council (UAC) as liaison with King County government in the rural area east of Renton and south of Issaquah, having served as president, vice-president, and treasurer since first appointed in 2003 and elected each 2 years thereafter. I'm currently vice-president of the UAC and Secretary for my homeowners' association. I have experience working on boards of volunteer organizations and am able to deal with the administrative details that any organization needs. I would be pleased to serve the retired employees of the City on the ARSCE Board.

**KRULLER, Bill. (Inc)** I retired after 30 years of service with the City working for five separate departments. I have kept abreast of the good work ARSCE has accomplished in promoting the maintenance of retirement benefits. I have been a member of the ARSCE Board for the past two years and have served on the Pension and Legislative Committee. I attend the City's Retirement Board monthly meetings keeping current on retirement fund management. I have extensive education and experience in accounting and finance management.

**LEASK, Ken. (Inc)** I am currently an ARSCE Board member. I spent 41 years in the Engineering Department, retiring as Senior Bridge Operator in 1997. I am a charter member of the Seattle Chapter of the Tlingit and Haida Tribes of Alaska, serving as a Board member, vice-president, and president since its formation. I would be pleased to continue serving as an ARSCE Board member.

**WILLHELM, Gerry.** I began my career as an Engineering Aide in the Engineering Department in 1968 while attending the UW. In 1971, after a two year military leave of absence, I returned as a Civil Engineer I in the Engineering Department's Traffic Division. I retired in 2002 after 6 years as Director of the Traffic Management Division. I believe that our retirement system is one of the best and that the ARSCE Board has made significant accomplishments. As a Board member, I will work to continue that success in keeping our City's retirement one of the best.

## Ken's Mind and Reflections

By Ken Hunich

**Reflecting** The elections are over and I'm glad. I did my best to understand the issues and people to vote wisely. But it bothered me that there were so many political jokes... especially when later I noted that some of them got elected.

Sometimes I feel discouraged and feel I'm nobody. But when I think further I remember that most people believe nobody's perfect.

I guess that makes me perfect!

**Medicine** I take a prescription medicine whose bottle clearly has my name on it. I have never met a woman named Kenneth, nor have I ever heard of one so called. "Kenneth" I feel is clearly a man's name.

That said, why does my medicine bottle clearly tell me "Do not take this medicine if you become pregnant"?

(Just for clarification, I have no reason to stop taking the medicine.)

**Having A dog** Without a dog I am deprived of the learning experiences dog owners get from taking their pets for a walk. Amongst other things, they learn to put on plastic gloves without fingers (how do you know which is right and which is left?). They also must learn to overcome the limitations imposed by the gloves and become adept at picking up things with their gloves on. Finally, they learn concentration, not to daydream and keep their mind on what they are doing, thereby not absentmindedly thinking they have their handkerchief in their hand and automatically stuff the contents of their hand into their back pocket.

We learn by doing, you know.

**Elastic Tape** Alone, I "talk" much to myself and mull over in my mind the things around me. For example, I reflected on how we sometimes overlook the importance of essential items in our lives because we are in close contact with them every day.

Clothing's elastic tape is a good example. Without it on everyone's underpants, think of the consequences for all of us.

As you can see, my mind is always active.

**Tissues** It's hard to know why manufacturers use certain pictures, one-liners to tell you of their product and the sometimes puzzling names that they come up for them. I have handy boxes of tissue around the house readily available when my nose runs. It works fine keeping my nose tidy, and that is about all I use it for. I think most people use the product the same as me.

So, why did the tissue manufacturer name it *Kleenex*? My regular showers keeps my body and neck clean and I don't feel I additionally need tissues to stay neat in those areas. Perhaps sometimes I am wrong. There are a lot of things we do to make sure we make the right impressions on people around us. But in this concern, most of my clothing has standing collars and it would make walk-by inspections by others of my neck quite unlikely.

But then, perhaps people prefer to keep separate what a product is used for and what it is named. I know some women use toilet paper to remove makeup. Nevertheless, you don't hear this mentioned in everyday conversations as in "I am going to the bathroom and wipe my face with toilet paper".

**Cold Food** I don't eat in restaurants often so I don't understand the exotic, foreign names of some of the food items. I don't order them because I don't know whether I will get a bowl of soup or a strangely shaped roll. But some times I can figure things out and avoid what I don't like. But, I guess others do order listed items or they wouldn't be on the menu. Where I live in the Seattle city limits, it takes a long time to get here from its boundaries. Consequently, I never order Country Fried Steak; steak cools fast after it leaves the stove, especially from a distant one.

**Restaurant Procedures** I was in a restaurant another time and overheard conversation between a customer and the chef.

The customer wanted to know what they did to prepare their chickens.

The chef replied, "Nothing special. We just tell them they are going to die."

**Wok** Foreign words confuse me. Their meaning usually can be found in foreign-word dictionaries. But how to find it in the book can be a problem since I frequently only hear it and don't know how it's spelled. This is compounded if the language and writing is non-occidental.

Recently, in the Chinese language, I couldn't confirm or deny my assumption of the meaning of "wok" (sounds like).

Is it or is it not part of a Chinese triathlon?

**Zebra** What is it?

It's 26 sizes larger than an "A" bra.

I need to rest my mind now--



## BOOK NOTES



By Lorry Garratt, Library

### THE DISTANT ECHO. By Val McDermid

A gripping tale of suspense, murder, and tangled motives. Four college age friends stumble away from a party on a snowy night and discover the mutilated body of a pretty girl they all know. At first suspected of the crime they are finally released for lack of evidence. Years pass and their lives and careers advance but when a cold case crime unit opens the 25 yr. old case a shadowy figure emerges and begins killing off the boys.

### HAUNTED GROUND. By Erin Hart

A brilliant crime novel mixing elements of forensics, Irish history and archaeology. When the severed head of a beautiful red-haired woman is found in an Irish peat bog it is not immediately obvious whether it is a new crime or an ancient one because of the preservative effect of the bog. As archaeologist Cormac O'Callaghan and American pathologist Nora Gavin begin their research they are also drawn into the two year old disappearance of a local landowner's wife and son. Many layers of Ireland's turbulent past emerge and the past and present seem connected.

### WATER FOR ELEPHANTS. By Sara Gruen

90 year old Jacob Jankowski is bored and unhappy in a nursing home, recovering from a broken hip. But he has memories of himself as a young man in the early days of the Great Depression when, orphaned and penniless he dropped out of Cornell's veterinary school and ended up in a shabby circus where his new friends included Walter the dwarf, Bobo the chimp, and Rosie the elephant. It was a tough and dangerous life especially since Jacob fell in love with Marlene, the brutal circus boss' wife. A story of amazing characters, loyalty and pain, and finally a most delightful finale.

### TOO LATE TO SAY GOODBYE. By Ann Rule

Another of Ann Rule's chronicles of real life crimes and criminals. Jenn Corbin is found dead from a bullet wound to the head. Suicide is suggested although she and her husband Bart seemed a happy couple, both succeeding in dentistry. As the investigation continues another supposed suicide of a girl 14 years before of a bullet wound to the head comes to light and she too was involved with Bart Corbin.

### THE VIEW FROM MOUNT JOY. By Lorna Landvick

Joe Andreson and his widowed mother move to Minneapolis and Joe becomes a star hockey player for his high school. He also falls under the seductive spell of Kristi Casey whose wanton ways cause him pleasure and torment. Over the years in an unexpected chain of events Joe becomes a popular grocer and then a wealthy tycoon with stores in many states. Kristi's life takes her to the airwaves as a fast talking (and often all too false) televangelist. This is an often hilarious story but also moving as it examines the roads taken and not taken.

### TRAVELER. By Ron McLarty

In 1961 in East Providence, R.I., eleven year old Marie d'Agostino is shot in the back. She survives but the bullet is not removed because of the close location to an artery. 40 years later the bullet, called a traveler, shifts and Marie dies. Her childhood boyfriend comes home to help find the perpetrator of what is now murder and soon the astonishing link to several more murders using the same gun emerge. The answers and ending are unexpected. This is partly a mystery and partly a coming of age story, the narrative moving back and forth over the 40 years with a colorful cast of characters and an authentic feel for the ethnic blue collar neighborhood.

### JACK'S WIDOW. By Eve Pollard

This is a work of fiction but the characters all too real in our country's history – Jackie and John Kennedy and all of their families, government figures including Lyndon and Lady Bird, Marilyn Monroe and Aristotle Onassis. The book begins with the assassination, backtracks to the Kennedys' earlier lives, and then picks up the fanciful premise that Jackie, with her languages and contacts, was a longtime spy for the CIA and in love with another operative. The author is a respected journalist and the book is well written and entertaining.

### KILLER WEEKEND. By Ridley Pearson

Sun Valley is the site of billionaire Patrick Cutter's communication conference, attracting the most powerful business tycoons. Liz Shaler, N.Y. Attorney General, is his crown jewel and also the keynote speaker. But it is also going to be a media coup when Liz announces that she is running for President of the U.S. In the midst of the hoopla and security, county Sheriff Walt Fleming learns of a confirmed threat on Shaler's life by a professional killer. The hit man has a chilling plan and Walt must convince the Secret Service and FBI of its reality.



## Golden Contributions

Roger Howell, Law  
Jeri Jones, Police  
Eric Lamers, City Light

Dan Haw, City Light  
In memory of Don Egan,  
City Light

## MEMORIALS

Mary Barnell, Beneficiary  
In memory of Walter Barnell,  
Parks

Rich Ceccarelli, Treasurer &  
Nancy Jo Ceccarelli, Treasurer  
In memory of those who  
worked for our COLA and are  
no longer here to benefit from  
their labor.

## APPRECIATION

Rich Ceccarelli, Treasurer &  
Nancy Jo Ceccarelli, Treasurer  
Donation in appreciation of  
Eddie Haw and Russ Teller  
for the years they worked to  
make our COLA a reality.



## COLA Appreciation — *continued from page 1*

Norm Ruggles was determined to obtain our COLA. He would look me in the eye and say, "Mary, we are going to make it happen," and I believed him.

I did not observe Roger Howeler in action, but he kept the ball moving and Bill Farrell was in the office to help him. Jack Herold was a Board Member. Jim Fletcher played a large role during the time he served on the Board and the Investment Committee.

Jorgen Bader keeps his eye on the fund and has offered his legal opinions over many years. ARSCE has been the glue that held the plight for our COLA together. Our current Chair – and he is a true Santa Claus – Walt North (and Gwen) attend almost every [Retirement Board] meeting and he advises his Board through meetings and articles in the *ARSCE News*. Jesse Tapp, I am sorry that he is not here today. He wrote, talked, and schemed hoping to get relief for retirees.

Eda Anthony was ARSCE President and a loyal supporter. John Live, Ken Hunich, Ed Kidd, Ken Leask, Jim Coover, Bob Graham, Kirk Jones, and many others were and are key players.

Our Editors, Virginia Jacobsen and currently Judith Flemings, have offered their talents to ensure that retiree concerns have been printed accurately and well for many years. And, to everyone here today, if I have failed to mention someone, please forgive me. As the retired member on the Board, I am smug enough to be very happy that the COLA has happened on my watch.

Now we have our COLA, it is still very important to keep up your vigilance, attend ARSCE luncheons, and Board meetings to show the strength of all the retirees to preserve our fund for the benefit of all members.

MERRY CHRISTMAS

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](mailto:arscenews@yahoo.com)

THE NEXT NEWS DEADLINE IS APR. 1, 2008

## We Get Letters . . .



To all the Board Members, Investment Committee, and all others who worked on the COLA project: thank you so very much for all your efforts to make it a reality. For some of us low-income seniors it was truly a wonderful gift! Thank you and it is deeply appreciated.

Best Wishes  
Mary Barnell, Beneficiary

Dear *ARSCE News*:

In response to former employees of Seattle and what they now do, this is a good and interesting idea.

One day, I found myself clearing brush from a local cemetery. This has now been going on for almost twenty years and my little Toyota has taken over 500 trips to the dump. Why do I do this? Why to make it look like a park so the residents appreciate it. (Two have told me so.)

For myself, I worked 11 years with the Parks Department, mostly at Alki and vicinity where I had a great boss, "Shig." And besides, I'm only 82 years old.

Louise Frombach

ARSCE

Would like my donation to go in memory of Don Egan, Lighting Department. Don was a Line Crew Foreman when I worked for him in the early 60s. He helped me advance at CL and was a great role model for all of us young guys starting our careers.

I'm spending the winter again in Yuma, AZ. Very cold this year: Nights in the high 30s and days in the high 50s. I'm paying .18¢ per KWH here in the RV parks. I miss the low-cost power of the Pacific NW.

Thanks for your help in getting us old guys a raise. Long overdue.

Dan & Dolly Haw

All letters sent to ARSCE become its property.  
Letters may be edited.

## Some Sad News. . .

*(from the Internet)*

Please join me in remembering a great icon of the entertainment community. The Pillsbury Doughboy died yesterday of a yeast infection and trauma complications from repeated pokes in the belly. He was 71.

Doughboy was buried in a lightly greased coffin. Dozens of celebrities turned out to pay their respects, including: Mrs. Butterworth, Hungry Jack, the California Raisins, Betty Crocker, the Hostess Twinkies, and Captain Crunch. The grave site was piled high with flours.

Aunt Jemima delivered the eulogy and lovingly described Doughboy as a man who never knew how much he was kneaded. Doughboy rose quickly in show business, but his later life was filled with turnovers. He was not considered a very smart cookie, wasting much of his dough on half-baked schemes. Despite being a little flaky at times he still was a crusty old man and was considered a positive roll model for millions.

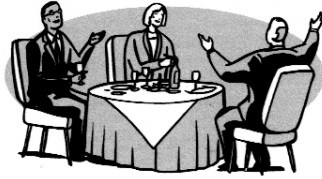
Doughboy is survived by his wife, Play Dough, two children, John Dough and Jane Dough, plus they had one in the oven. He is also survived by his elderly father, Pop Tart. The funeral was held at 3:50 for about 20 minutes.



## ARSCE SPRING LUNCHEON

**WEDNESDAY, MARCH 19th, 2008**  
**AT THE LAKE CITY ELKS**  
**14540 BOTHELL WAY NE**

11:30-Noon: Visit with friends  
 Lunch is served at Noon



**COST: \$ 18.00 Per Person**  
**Reservations by Tuesday, March 11th.**

**The Luncheon Speaker is**  
**Terry Johnson of the Seattle Police Department.**  
**For over 20 years she has been the**  
**Crime Prevention Coordinator and**  
**Community Organizer.**  
**She will speak about personal safety**  
**and identity theft. She will be glad**  
**to answer your questions about**  
**stolen ID, fraud, etc.**

(Cancellations no later than 48 hours prior to the luncheon. Cancellation questions? Call Joanne Kinsella at 206.362.0902.)



Please mail your check or money order with your completed coupon below.



NAME(S) \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY/ST \_\_\_\_\_ ZIP \_\_\_\_\_

PHONE \_\_\_\_\_ DONATION \$ \_\_\_\_\_

TOTAL AMOUNT ENCLOSED \$ \_\_\_\_\_

**LUNCHEON CHOICE** (Dessert included):

# Attending	Menu Choice
	Chicken Dijon w/ rice and vegetables
	Chef Salad/Rolls

**MAIL TO: ARSCE SPRING LUNCHEON**  
**P.O. BOX 75385**  
**SEATTLE, WA. 98175-0385**

**PLEASE MAIL YOUR RESERVATION AS EARLY AS POSSIBLE. Thank you!**



Contact us at [www.arsce.org](http://www.arsce.org)

## 2008 MEETING & PUBLICATION DATES

- Fri. Feb. 15 ..... Insert Ballots/Mail ARSCE News (Mar/Apr Issue)
- Wed. Mar. 12 ..... Ballots due in PO Box
- Fri. Mar. 14 ..... Count Ballots
- Wed. Mar. 19 ..... Luncheon Meeting (Announce new Board Members)
- Tues. Apr. 1 ..... News Deadline (May/June Issue)
- Wed. Apr. 9 ..... Executive Board Meeting – Elect Officers
- Fri. Apr. 25 ..... Mail ARSCE News (May/June Issue)
- Tues. May 27 ..... News Deadline (July/Aug Issue)
- Wed. June 18 ..... Luncheon Meeting (Swear-in Officers/new Board Members)
- Fri. June 20 ..... Mail ARSCE News (July/Aug Issue)
- Tues. July 29 ..... News Deadline (Sept/Oct Issue)
- Wed. Aug. 13 ..... Executive Board Meeting
- Fri. Aug. 22 ..... Mail ARSCE News
- Wed. Sep. 17 ..... Luncheon Meeting
- Tues. Sep. 23 ..... News Deadline (Nov/Dec Issue)
- Fri. Oct. 24 ..... Mail ARSCE News (Nov/Dec Issue)
- Wed. Nov. 12 ..... Executive Board Meeting
- Tues. Nov. 25 ..... News Deadline (Jan/Feb Issue)
- Wed. Dec. 3 ..... 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**