

# ARSCE News

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ASSOCIATION OF RETIRED SEATTLE CITY EMPLOYEES  
For: Active & Retired Seattle City Employees  
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## LABOR Celebrating Labor Day ~ September 1st DAY

### OUR PRESIDENT'S MESSAGE

By John Masterjohn

As I sat writing this column, Seattle was going through one of its hottest weeks in a very long time. From the sounds of the weather broadcaster, we were headed for another hot week. So, I hope you all took care to stay out of the sun, drank lots of water, and just enjoyed the good weather.

Well talk about heat, we had just been over at Alta Lake State Park where it was between 99 and 102 degrees all four days we were there. That was followed by even hotter days because the Park was close to two major fires – we got out of there just in time! Due to the fires, they had to close Highway 2, just when westbound I-90 had 3 lanes closed. Well enough about us and what we did for part of the summer.

I met with Ken Nakatsu in June and he explained that the Seattle City Employees' Retirement System (SCERS) was going to propose revisions to the SMC (Seattle Municipal Code) that defines the retirement provisions for all City employees. They want to clean up the language that no longer pertains to any active members, and reorganize sections that are now all over the place so that information relating to the same subject will be located together. These changes will have no effect on any former, current, or future member benefits, but will result in a code that is easier to understand. In a separate draft ordinance, they will also be simplifying and clarifying the code for calculating Final Average Salary and Service Credit. The effect of these changes will be "de minimis" (a dollar or two per month each way for future retirees) and will enable much more accurate and more timely provision of service to employees.

Ken shared all the draft legislation with me and with Barbara Graham, ARSCE (Active & Retired Seattle City Employees) Vice President. The labor coalition has also reviewed the draft legislation which has been transmitted to the City Council. It will likely be considered in September.

For all of you who are reading this column and are still working for the City, this is one of the ways we at ARSCE can help represent your views. As you know, we have changed the ARSCE rules so that all of you, both active and retired employees, can become members. It costs a mere \$12.00 per year.

We will not be holding a Fall Luncheon in September this year. However, we want to remind you to attend our big celebration in December — more on that in the next issue of ARSCE News.

Your President,  
John Masterjohn

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

### YOUR PENSION NEWS

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



### Labor Day — a Time to Enjoy and Reflect

I've spent a lot of time lately, discussing and being critical of political and business interest attacks on Defined Benefit pension plans, Public Employees, and their Unions. Today, I would like to focus on wishing everyone a happy and enjoyable Labor Day Holiday.

Labor Day was promoted in the 1880s by the Central Labor Union and the Knights of Labor, who organized the first parade in New York City in 1882. President Grover Cleveland established Labor Day as an official holiday in September of 1887. Following the deaths of workers at the hands of the US Military and Marshals during the Pullman Strike in the summer of 1894, the United States Congress unanimously voted to make Labor Day a national holiday; President Grover Cleveland signed the bill into law six days after the end of the Pullman Strike.

The Labor Day Parade was an expression of the public support for the strength and "esprit de corps" of the American trade labor movement and its organizations. The Sunday before Labor Day was dedicated to the spiritual and educational emphasis of the Trade Labor movement, and became known as Labor Sunday.

Today, Labor Day has become the celebration, by most Americans, as the end of summer, concerned by some as the last day to wear white for women or seersucker for men. In US sports it's the start of football — the NFL and NCAA college teams. Additionally, it signals the beginning of school and the resumption of classes.

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**Labor Day...continued from page 1**

No matter the reason for celebration, it's important that we take a moment to enjoy the fruits of our labors as working men and women in America. To take this time to enjoy being with our family and friends. And, hopefully to reflect on the sacrifices that were made by earlier working men and women in America — that made this day possible. Its purpose is a creation of the America labor movement and is dedicated to the social and economic achievements of American workers. Labor Day constitutes a yearly national tribute to the contributions workers have made to the strength, prosperity, and well-being of our country. Included in that are strong pensions that allow workers to enjoy a healthy lifestyle and retirement after a lifetime of labor.

The vital force of labor added materially to the highest standard of living and the greatest production output the world has ever known, and has brought us closer to the realization of our traditional ideals of economic and political democracy. It is appropriate, therefore, that the nation pay tribute on Labor Day to the creator of so much of the nation's strength, freedom, and leadership...the American worker.

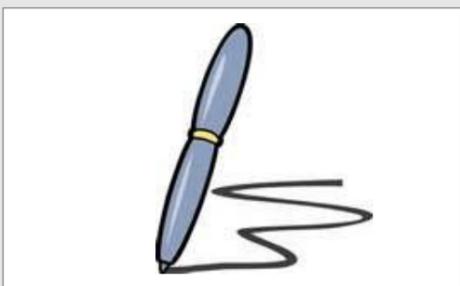
Resource: USDOL History of Labor Day

“Without labor  
nothing prospers.”

- Sophocles  
Ancient Greek playwright



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



You can send your information to:

ARSCE News

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

Or email your news and information to

arscenews@arsce.org

**NEXT NEWS DEADLINE:  
September 23rd, 2014**

(All submittals become the  
property of ARSCE.)



*Fall Begins Tuesday,  
September 23rd*

**Essential Telephone Numbers  
And Web Addresses**

ARSCE: 206.992.7311

(Change of Address/Membership Questions)

E-mail: [financial.secretary@arsce.org](mailto:financial.secretary@arsce.org)

Website: [www.arsce.org](http://www.arsce.org)

Mayor's Office for Senior Citizens: 206.684.0500

(Information on available programs/services)

E-mail: [seniors@seattle.gov](mailto:seniors@seattle.gov)

Website: [www.seattle.gov/seniors](http://www.seattle.gov/seniors)

Personnel Department: 206.615.1340

(Benefits)

E-mail: [benefits@arsce.org](mailto:benefits@arsce.org)

Website: [www.seattle.gov/Personnel/](http://www.seattle.gov/Personnel/)

Retirement Office: 206.386.1293 or

1.877.865.0079

(Retirement Checks/Health&Dental Benefits/General  
Questions/Change of Address/Tax Withholding)

E-mail: [retirecity@seattle.gov](mailto:retirecity@seattle.gov)

Website: [www.seattle.gov/retirement](http://www.seattle.gov/retirement)

**Statement of Ownership  
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ARSCE dues are \$12.00 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)  
Or telephone us at 206.992.7311



## The View from the Buses

By Paul Pioli

On May 29<sup>th</sup> **Pete Cameron** sent out good news. He was bringing his wife Anne home from the skilled nursing facility in Florence, OR. They gave her a last balance test and cleared her. The doctors still want her to use a cane for a short while. Pete wishes to thank everyone for the prayers, well wishes, cards, and flowers. They meant so much to Anne.

The annual BBQ was very successful and we had 75 to 80 attending. **Jim Craddock** came the farthest distant away, coming from Ellensburg. **Dan and Jenny Sheppard** came up from Yuma AZ, but then they are snowbirds.

Gary Pilcher reports that in May, while golfing, **LeRoy Lalley** had a stroke. The golfing buddies got him medical attention right away and he is doing better. The thing is he cannot drive for 4 months and the real bad thing is he cannot golf for 4 months either.

**Guy Higgins** was at the July northend breakfast and he's looking very good. He survived open heart surgery and had been diagnosed with cancer, which they feel is in remission. Also **Lou Torres** and **Al French** were there.

**Rick Sepolen** has been ill with cancer and is in Bailey Buschay Hospice at 2720 East Madison, Seattle, WA 98112. Phone is 206-322-5300. E-mail: [bbh@vmmc.org](mailto:bbh@vmmc.org).

**RIP. Bill Dishman** passed away June 11<sup>th</sup>. We received no further information.

Charlie Gaston shared the sad news that retired first-line supervisor, **Elmer Turner** passed away on July 1<sup>st</sup>. Elmer was a long-time classroom training instructor. Elmer's wife June, wanted to make sure his Metro family was notified about his passing. The celebration of life and memorial service was held on the 26<sup>th</sup> of July at the Damascus Baptist Church.

Contact Mr. Pioli with your news at [busview@arsce.org](mailto:busview@arsce.org)

## Fellowship All Over Town



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

**City Light Line Crews & Friends Breakfast:** This group meets at Shay's Restaurant, 15744 Aurora Ave. North, near 160th on the East side of Aurora, on the first Thursday of the month at 8:00 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 contact Frank dos Remedios at 206.363.1938 or go to [www.rclea.net](http://www.rclea.net)

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

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

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

**City Light South End Crews and Friends:** This group will meet for breakfast at 9:00 AM the first Tuesday of each month at the Denny's located on First Ave. So. and So. 148th Street. Call Arnie Schroeder at 206.824.1747 for information.

**SDot's Traffic Signal Division** retirees meet the 3rd Wednesday of each month at Tommy's Café, 74 Rainier Avenue South in Renton, WA. For information contact Jim Chase at 206.246.5848.

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

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

**Old Timers Luncheon Group MTD/DAS/ESD.** This group meets at 11:00 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 10:00 AM at Shay's Restaurant located at N. 160th St. & Aurora Ave. N. in Shoreline, WA. Contact Roy Galloway at 206.362.3937 for further information.

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

**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 206.524.7837.

### Writers Wanted!



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

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

## Parks Department Retiree News

By Alan Hovland

Market House Meats: I keep returning to see Vic Embry, who formerly worked in Grants and Contracts and now owns and operates, with his family, Market House Meats which remains famous in Seattle, since 1948, for corned beef and sandwiches. Corned beef was delivered to restaurants all over town. This leads to the next item.

The Dog House Restaurant: Vic reported that the building that is now the Hurricane Restaurant will be torn down for re-development by next January. The building is still very recognizable from the outside as the old Dog House, which closed in January 1994. A short walk from the Dexter Parks HQ, the booths served as second offices and meeting space for many Parks people, like Jan Craft in Human Resources. I remember that the corned beef and cabbage lunch special was served on Mondays and especially during the weeks of St. Patrick's Day. Hard to believe that so much time has passed. So contact me if you want to get together for a reunion picture before the building is gone.

Joe Neiford is enjoying life in the Valley of the Sun.

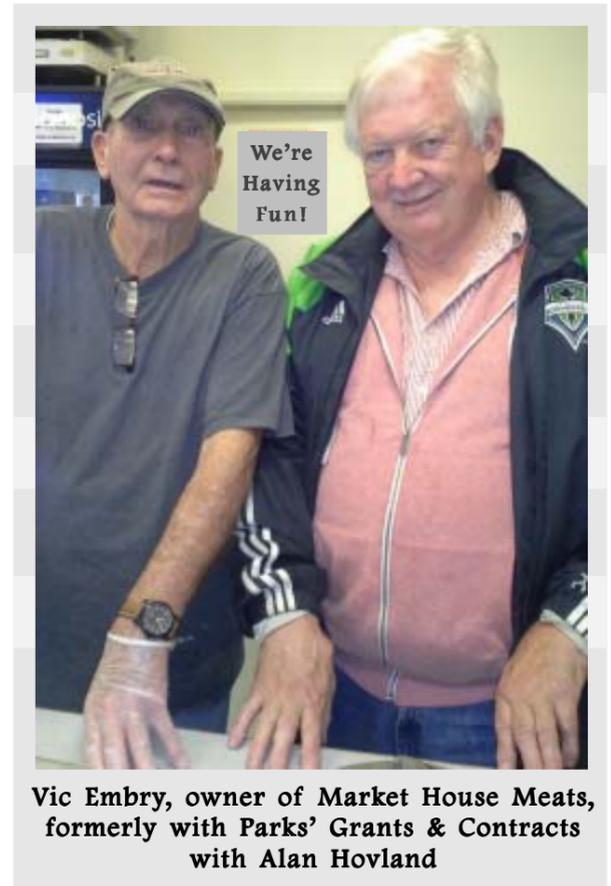
Bob Goode passed away in April after enjoying almost 7 years of retirement. Bob worked for years on the Custodial citywide crews.

Sheree Seretse, retired Recreation coordinator, continues to play and teach with her group Shumba Marimba.

The 2013 Annual Report from the Associated Recreation Council (ARC) illustrates the long-standing work and dedication of the many employees of the Parks Department and ARC who daily provide recreational opportunities to all citizens of Seattle ([www.arcseattle.org](http://www.arcseattle.org)). I did pick up a wonderful award plaque: "In grateful appreciation for exceptional voluntary service to ARC & Seattle Parks & Recreation: Alan Hovland".

Nick Bicknell continues to work as an ARC Field Supervisor serving special needs populations throughout Seattle. Both Nick and his brother Lee are retired from the Recreation Division. Lee is now living in Yakima.

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



Vic Embry, owner of Market House Meats, formerly with Parks' Grants & Contracts with Alan Hovland

## It's Your Life

By Veronica Baca



### Certainty vs. Uncertainty

Certainty is an emotion that can be planted and grown in your life. If you have an inspired idea, and lean into it, taking actions - even small ones - your results are certainly more likely than if you allow your thinking to go in the direction of uncertainty, worry, or even just hope. We've all experienced this from both sides. We've all had disappointments that may have started with our own doubts (a.k.a. learning opportunities). And we've also all accomplished amazing things in our lives... our careers, our families, and our retirement, just to name a few.

But did you know that you can do exercises to enhance more experiences of the feeling of certainty? Anthony Robbins shares this exercise with adults and children, and it works. Would you like to try it?

Stand up, close your eyes, and think about feeling hopeful. Really feel it. Don't just think about it, but also feel it in your body. Notice what your body does, what your face feels like, what gestures you make. Then, think about feeling certain. Really feel it, again, what does your body language begin to do? Next, think about feeling uncertain. You probably won't want to leave the great feeling of certainty, but do it anyway since it's just an exercise. Again, notice how your body feels in uncertainty. What does it do?

Finally, go back to thinking and feeling certain. How does your stance change? Your posture? Your energy? Your gestures?

Studies show that doing this exercise - and frequently practicing reference to just the feeling of certainty - can and does cause one to become more and more certain. You can then use this feeling any time you want to accomplish more of your goals, and live a happier life!



Veronica Baca retired from SPU in August 2013 and has become a Life Coach. You may contact her at [veronicabaca75@gmail.com](mailto:veronicabaca75@gmail.com)



Always remember to laugh a little each day.  
~ Submitted by Judith Flemings

## The Film Guy

Some Favorites on DVD  
By Jim Mohundro



### John Ford, The Old Master Painter from the Faraway Hills (of New England)

Although he changed his surname to Ford, John Feeney, Maine-born to Irish immigrant parents, never forgot nor let us forget his Irishness, with his film characters often with Irish names and imbued with living, loving and fighting in what he perceived to be an Irish kind of way. He used a movie camera to tell stories framed in his romantic view of the world (ironically, a world in which he did not himself live) and of history. In his 140 silent- and talking-picture career, John Ford would probably have been classified as a pictorialist, practicing a long-gone aesthetic in the photographic arts. Listen to the hail fellow, well-met, heart-on-sleeve dialogue, but remember the images.



**The Iron Horse** (1924) This epic silent film rivals **The Covered Wagon**, employs 6,000 extras in two constructed towns, tells the story of the building and joining of the east and west in the first American continental railway system, and makes Ford a star director. It's also a dandy western with rugged, handsome George O'Brien and winsome Madge Bellamy.

**The Informer** (1935), based on the Liam O'Flaherty novel, tells one of the stories of the Irish "troubles" with Victor McLaglen (ironically, an English actor) in his Academy Award-winning role of Gypo Nolan. After this film, McLaglen is forever typecast as a big, brawling Irishman. In the title role he is ably assisted by Heather Angel, Preston Foster, and various Irish types in a beautifully lit and filmed production which wins four Oscars, including McLaglen as Best Actor.

**Young Mr. Lincoln** (1939) Henry Fonda is the fated country lawyer who lives more than a bit of life on his way to 1600 Pennsylvania Avenue. Pauline Moore and Marjorie Weaver are the women in his life, and Milburn Stone, best known as "Doc" for 20 years (1955-1975) on television's "Gunsmoke", is Stephen Douglas.

**Fort Apache** (1948) is the first of Ford's so-called "cavalry trilogy" (the others: 1949's **She Wore a Yellow Ribbon** and 1950's **Rio Grande** (1950) and pairs Fonda and John Wayne for the only time in a Ford film. Fonda's an American idol in **Young Mr. Lincoln**, but an unlikeable

martinet in **Apache**, showing a hard edge seldom seen in other roles, except, of course, as the steel-eyed killer in **Once Upon a Time in the West**.

**The Grapes of Wrath** (1940) Ford brings Steinbeck to the screen in the classic film about the 1930s' Great Depression and the "dust bowl." Henry Fonda is Tom Joad and his "...I'll be there..." speech is unforgettable. Well-earned Oscars went to Director Ford and Best Supporting Actress Jane Darwell as Ma Joad.

**My Darling Clementine** (1946) Fonda succeeds and precedes many other actors as Wyatt Earp, and in his own way is as romanticized as those many others. The assembled cast, among them the reliable Walter Brennan as Ike Clanton, pulls this western gem together in a wholly believable 1881 Tombstone. Victor Mature is Doc Holliday.

**The Searchers** (1956) is considered by many critics John Ford's greatest film. Duke Wayne's co-star is Monument Valley and the film is quite roughly based on actual American Indian/pioneer events in mid-19th Century East Texas.

There is no clear winner here, neither the Comanches nor Wayne's racist Ethan Edwards, but the film's ending is to be treasured.

**The Quiet Man** (1952) John Ford, not bound by studio sets nor Monument Valley, but, on location in Counties Mayo and Galway in his beloved Ireland, brings together frequent co-stars Wayne and Maureen O'Hara in a battle of a couple of overwhelming representatives of the sexes. Wayne, O'Hara, and the Ford stock company, including Barry Fitzgerald, Arthur Shields, Ward Bond, Victor McLaglen, Mildred Natwick and Francis Ford (John's brother), immerse us in Ford's three-strip Technicolor idea of the Irish way of life before green was an environmental symbol.

These films have subtitles in English or "close captions" for the hearing impaired, and are around town at video stores that carry decent inventories of the classics, but the films may not be available with subtitles or close captioning from cable or satellite, or from "streaming" resources such as Netflix and Amazon.

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



## 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 11:00am. Remember to mark your calendar for our upcoming luncheon dates: September 8, October 6, November 3, and December 1, 2014.

We had twenty-six at our June luncheon and twenty at our July luncheon. Remember, your spouses are also invited, and also will enjoy the opportunity to meet others.

We welcomed back Sandy Cook, Al Mayor, and Nancy Smith to our June luncheon. All three have lost spouses in

the past few months. We all were happy to see them join us for luncheons again. Jerry and Terry Robertson have had the pleasure of providing transportation for Sandy Cook on the days of the luncheon. Sandy told us she was not comfortable driving on freeways, and she lives on our way to the luncheon.

June birthdays were celebrated by Hans Loffler and Jerry Robertson. We had no birthdays in July.

Joe Yamamoto said he had an enjoyable June fishing month down on the Columbia River in quest of Shad.

Remember to keep us in mind and plan to attend our luncheons.

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



## The Computer Guru

By Larry Howell



### Who Owns Your Email?

It's your email, right? Well, you may find that you are wrong!

A couple of recent experiences highlight the fact that you may not own your email messages and contacts list.

One independent consultant recently described her experience with her web-based Yahoo email account. The consultant made the mistake of "flaming" (**Flaming** is a hostile and insulting interaction between Internet users, often involving the use of profanity) an individual who had used a social network site to post comments critical of the consultant. Unfortunately, in doing so, the consultant violated the "Terms of Use" policy of Yahoo's email service.

Yahoo reserves the right to terminate email accounts of users who violate these "Terms of Use".

As a result of the consultant's flaming action, Yahoo terminated the consultant's email account. Apparently, when Yahoo terminates a user's email account for violation of Yahoo's terms of use policy, all of the data in the user's email account were deleted. When the consultant's Yahoo email account was terminated by Yahoo, the consultant lost all of her email correspondence and all the contact information contained in the email contacts list.

The consultant indicated that losing all of her email correspondence and email contacts list had a devastating impact on her business. The basic principal is that email data stored in a web-based email service account is not automatically "your" email.

As a second example, one of my clients recently lost her husband. Her Comcast email account was setup in her husband's name. My client contacted Comcast to request that her Comcast service be changed to list her as the primary user for the account.

In order to setup the account in my client's name, Comcast created a new service account under my client's name and cancelled the "old" account that her husband had set up. Unfortunately for my client, her email account was a secondary account on the account setup by her

deceased husband. When the "old" Comcast account was terminated, all of the data (email messages and contact list) in my client's "old" Comcast account were deleted.

The basic message I wish to convey is that your email data belongs to you only if the data is stored on your computer.

I strongly suggest that email users use an email application to access their web-based email. By using an email application, such as Microsoft Outlook or Mozilla Thunderbird, your email messages and contacts can be saved to your computer's hard drive and will not be lost if your web-based email account is terminated for any reason.

**The second topic for this issue's computer column is "Managing Password's".**

A recent email from one of the readers of this column, described his efforts to manage his passwords, which consisted of over 100 passwords...a different password for every website login (Amazon, credit card vendor, utility company, etc.). The reader created a list of each website's login information. The reader faced the daunting task of updating all of the login information each time he updated/changed the password for an account, plus it was necessary for the reader to find a secure place to hide the list when not in use.

I would recommend that users look into using a secure password management utility, often available as a service within their Internet security/anti-virus software. One commercial password manager is **Norton Identity Safe**. **Norton Identity Safe** is a free password manager that makes logging into your favorite sites easier and more secure. Another example is **KeePass Password Safe**, which can be downloaded from <http://download.cnet.com>.



The initial setup of a secure password management utility is an investment in time and effort that you will come to appreciate.

*Please email any questions you have concerning the topics covered in this article or any other computer questions. Questions submitted to this column may be used (without identification of the sender) as content for this column. Mr. Howell works with other tech gurus to solve a myriad of computer issues that confound even the best of us.*

Email your questions to Mr. Howell at [Larry.Howell@arsce.org](mailto:Larry.Howell@arsce.org)

### We Get Letters!

Pam ~ Hello and thank you for the fun BBQ "Smore" Basket I won at the Spring ARSCE BBQ Luncheon. This was my 1st ARSCE event and I enjoyed it.

What with fun talk and wonderful food.

Made some new friends. Thank you!

Yours in retirement,

Kathleen Sweeney  
SDOT ~ Retired 2013

Enclosed is the dues for 2015 for my Dad, John K. McAlerney.

He enjoys receiving the ARSCE News.

Thank you for handling this.

All the Best,

Colleen McAlerney



All submittals become the property of ARSCE. Letters may be edited.

## In A Light Manner

By Frank dos Remedios, RCLEA President

Well, I hope you are all enjoying the beautiful weather we have been having. RCLEA continues to get together with various events.

### RCLEA Bike Ride to Red Hook Brewery:

On June 25th, Mike led a small group on a bike ride from Magnuson Park to the Red Hook Brewery. Once again, Mike picked another wonderful day, not too hot, just nice for a fun ride.

### Summer Picnic

On July 22nd, a group of about 80 people got together for a picnic at Lincoln Park. Although the weather looked threatening, the rain held off and we were able to have a wonderful gathering. There were many new faces attending and it was great to have them share time with us. The RCLEA Board catered the event



**Ride to Redhook Brewery:** Left to Right: Dix Fulton, Paula Rose, Bob Pahlman, Ed Kopp, and Mike Knutson



**RCLEA Summer Picnic:** Festivities at Lincoln Park

providing grilled chicken, hot dogs, green and potato salads, chips, desserts, and soft drinks. This is an annual affair so make a note on your calendar and join us next year.

### RCLEA Golf Tournament

The 17th Annual RCLEA Golf tournament was held at Foster Golf Links, in Tukwila, on August 14th. Many members and friends participated. Golfers of all skill levels played, enjoyed the day, and had a great time. If you enjoy golf come and join us next year.

Contact Mr. dos Remedios at [fdosremedios@gmail.com](mailto:fdosremedios@gmail.com)

## Reflections from Retirement

By Eric Lamers



*Editor's Note: Mr. Lamers is a returning writer for ARSCE News. He is a member of ARSCE, worked at City Light for about 27 years in Station Construction & Maintenance, and shares that he loved every minute of it. He was a fireman in the US Air Force at Larson AFB by Moses Lake. Welcome back, Eric!*

### My Seattle ~ My City Light

I came to Seattle in the fall of 1962. I had been checking out job offers in Tucson, Arizona and San Francisco by Federal Electric to work on the ICBM (Intercontinental Ballistic Missile) Titan I missiles. This was not a good time to come to Seattle. Boeing was laying off personnel, so were a lot of other employers. On the southbound I-5 freeway there was a sign that said, "Will the last person leaving Seattle — Turn out the lights." I was renting a room, by the week, at a motel. I was also house hunting. My realtor convinced me that as soon as I got a job I would qualify for a loan on a smaller house. I had my eyes on an old duplex. The tenant would help to pay for the house. I got a job as a warehouseman for a medical supply distributor. The pay was low, but it qualified me for a real estate loan. So, I bought the duplex.

My neighbor, Tim Darby, was inquisitive and helpful. He worked for Seattle City Light as a constructor. I was going to Seattle Community College taking physics and

math. Tim told me that City Light would soon have a test to renew their hiring list. Usually, they had about 125 applicants. Now with so many craftsmen and engineers out of work the list of testees was around four hundred. City Light took the thirty-two highest scoring applicants. I was number twenty-eight. The physics class I was taking was as if it were made for this test. I was very happy for having taken it. This is proof that education helps to get jobs.

Soon I was notified to report to the supervisor who had the opening. It was potentially a short interview. The supervisor told me he would not hire me because I was too old, at 27. He wanted people who had energy and could still learn. I told him I was going to school and taking two classes at the Community College, but he still said I was too old. The more he tortured me, the more I stood my ground. I visualized myself making a trip to the Mayor's office. I wanted that job! The foreman who actually had the opening walked by. The supervisor told the foreman to "talk to that guy and if you want him you can have him." The foreman was the total opposite of the supervisor. We chatted a bit about reliability and caution on dangerous jobs. When I mentioned that I had been a fireman in the Air Force for 4 years, he grabbed my hand and took me to where the crew was meeting. And what a crew it was! I made the right moves. To this day I am happy to have taken the steps I did.

I have been retired now for over 20 years. I am still in Seattle and know that City Light was the right choice for me. It is still my Seattle and my City Light.



## In Memory

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

Henry Alonzo, City Light\*  
Retired: 10/01/82  
Died: 04/18/14  
Age: 92

Leola Arms, Beneficiary  
Died: 06/20/14  
Age: 84

Beatrice Beal, Beneficiary  
Died: 02/15/14  
Age: 89

Agnes Braggs, Beneficiary  
Died: 05/31/14  
Age: 69

Barbara Brown-Jones, Vested  
Retired: 04/03/96  
Died: 05/03/14  
Age: 81

Lyle Clark, Water\*  
Retired: 05/01/80  
Died: 04/29/14  
Age: 86

James Compton, Vested  
Retired: 01/04/06  
Died: 03/18/14  
Age: 73

Judith Cox, Vested  
Retired: 04/03/03  
Died: 05/18/14  
Age: 74

Dorothy Cravens,  
Beneficiary  
Died: 06/22/14  
Age: 85

Edith Dahl, Beneficiary  
Died: 07/06/14  
Age: 94

Maxine Davis, Police  
Retired: 09/01/79  
Died: 07/09/14  
Age: 97

Charles Dion, Metro\*  
Retired: 07/01/83  
Died: 04/28/14  
Age: 93

Ellen Donohoe, Vested  
Retired: 05/01/94  
Died: 06/27/14  
Age: 85

Mary Finnell, Beneficiary  
Died: 06/02/14  
Age: 85

John Geehan, Jr.,  
City Light\*  
Retired: 09/01/97  
Died: 07/03/14  
Age: 82

Effie Gillespie, Health\*  
Retired: 03/01/83  
Died: 05/06/14  
Died: 97

Betty Gooding,  
Municipal Courts  
Retired: 08/04/03  
Died: 07/21/14  
Age: 78

Gary Hott, City Light  
Retired: 04/12/00  
Died: 05/14/14  
Age: 71

James Hulsland, Metro\*  
Retired: 09/01/84  
Died: 04/17/14  
Age: 89

Scott Johnson, Vested  
Retired: 11/01/05  
Died: 05/20/14  
Age: 70

Terry Kakida,  
Public Utilities  
Retired: 01/02/13  
Died: 06/18/14  
Age: 60

Carolyn Kays,  
Beneficiary  
Died: 07/14/14  
Age: 78

Theresa Kimball,  
Human Services  
Retired: 03/02/11  
Died: 05/10/14  
Age: 64

Hideo Kokita,  
Transportation  
Retired: 10/01/88  
Died: 05/04/14  
Age: 87

Henry Larson,  
Engineering\*  
Retired: 12/01/79  
Died: 05/12/14  
Age: 94

A. Ann Lovell, Parks\*  
Retired: 01/01/94  
Died: 04/23/14  
Age: 81

George Lynch, Water\*  
Retired: 03/01/00  
Died: 05/10/14  
Age: 66

Leo Marchand, Vested  
Retired: 04/01/90  
Died: 04/26/14  
Age: 83

Perfecto Mendoza,  
Fleets & Facilities  
Retired: 01/07/98  
Died: 05/09/14  
Age: 79

Jack Milt, Engineering\*  
Retired: 04/01/84  
Died: 07/13/14  
Age: 91

Mildred Oppenheimer,  
Library\*  
Retired: 07/01/90  
Died: 06/19/14  
Age: 89

Arthur Ostrom, City Light\*  
Retired: 11/01/94  
Died: 04/15/14  
Age: 81

Debra Payne, Health  
Retired: 07/08/00  
Died: 06/19/14  
Age: 63

Claude Phillips, Jr.,  
Public Utilities  
Retired: 01/01/97  
Died: 07/07/14  
Age: 79

Herbert Reif, City Light\*  
Retired: 10/01/90  
Died: 03/18/14  
Age: 93

Robert Rennie, City Light\*  
Retired: 09/01/85  
Died: 07/04/14  
Age: 89

Don Robinson, Metro\*  
Retired: 03/01/91  
Died: 06/13/14  
Age: 86

Richard Russell,  
Seattle Center  
Retired: 07/07/10  
Died: 04/04/14  
Age: 65

Paul Schulz, Beneficiary  
Died: 05/04/14  
Age: 76

Philip Senour, Beneficiary  
Died: 05/02/14  
Age: 68

Alexander Sims,  
Seattle Center  
Retired: 03/01/92  
Died: 06/19/14  
Age: 86

John Stevens,  
Transportation  
Retired: 09/01/81  
Died: 05/11/14  
Age: 88

Harold Thornquist,  
Engineering\*  
Retired: 06/01/78  
Died: 06/28/14  
Age: 96

Pearl West, Beneficiary\*  
Died: 04/06/14  
Age: 106

Veda Winningham,  
Beneficiary  
Died: 04/29/14  
Age: 98

Carol Woodward, Library  
Retired: 03/23/05  
Died: 05/02/14  
Age: 78

Dorothy Wubker,  
Beneficiary  
Died: 05/17/14  
Age: 93



**BOOK NOTES***By Lorry Garratt, Library***DEATH OF A COZY WRITER ~ By G.M. Malliet, 2008**

Sir Adrian Beauclerk-Fisk, wealthy best-selling mystery writer, has been murdered with a medieval lance in his lavish English manor. But even more shocking has been the violent murder of his eldest son Ruthven just hours before. Sir Adrian has spent years tormenting his four spoiled children with threats about their inheritance, and this was to be his most malicious twist, gathering them together at Christmas to announce his engagement to the lovely Violet. An Agatha Christie-type of leisurely, elegant storytelling with fine attention to detail — a stoic policeman in DCI St. Just and an unexpected solution with all the characters gathered together in the time honored tradition of the English country house mystery.

**A SPEAR OF SUMMER GRASS ~ By Deanna Raybourn, 2013**

In Paris of 1923, beautiful and privileged Delilah Drummond is acting out her scandalous and unrepentant life, but there comes an episode which shocks even her accepting family and she is exiled to Fairlight in Kenya, her stepfather's crumbling manor house. There she falls in with the dissolute expatriates who live bolstered by gin, jazz, adultery, and safaris. But there is one who stands in sharp contrast, Ryder White. He becomes her guide to the complex beauty of the unknown land. Here Delilah awakens to experiences out of all proportion to what she has known and discovers what is really worth fighting for. Pure escapism, a magnificently portrayed Africa with all of its native cultures.

**LOCAL SOULS ~ By Allan Gurganus, 2013**

Three novellas laid in the South in the small town of Falls, North Carolina. Gurganus is an original and comic storyteller. He has been compared to John Cheever and Flannery O'Connor as he celebrates those souls who never left their hometown but are not unlike humans everywhere with their adultery, incest, obsessions, ancient tensions and personal fulfillment. He can make you laugh and shudder at the same time.

**A STAR FOR MRS. BLAKE ~ By April Smith, 2014**

In 1929, the U.S. Congress passed a funding bill to allow the mothers of fallen soldiers in WW1 to visit their sons' graves in France. Over 3 years 6,693 Gold Star mothers made this trip and this is the touching and beautifully written story of one slice of American history. Cora Blake lives in a small fishing village in Maine. Her Sammy was killed in the last days of the war and now, during the Depression, she is raising three orphaned nieces. When the opportunity comes for her to visit Sammy's resting place she doesn't hesitate. On the trip she becomes friends with an Irish family, a Boston socialite, and a disfigured reporter. The mothers are honored everywhere by Army personnel who escort them and the French who recognize their sacrifice. This is a truly wonderful read with rich characterizations, beautiful descriptions, and a quite unexpected story line.

**ALICE'S TULIPS ~ By Sandra Dallas, 2000**

It is 1862 and Alice Bullock is a newlywed and her husband Charles has just joined the Union Army, leaving her on his Iowa farm with his formidable mother for company. Much of the story is told in Alice's lively letters to her sister Lizzie with accounts of quilting bees, rigors of farm life and customs of small town America. But no town is too small for intrigue and treachery and Alice finds herself accused of murder. Rich in details of the Civil War and the realities of women's lives in the 19C.

**THE POACHER'S SON ~ By Paul Doiron, 2010**

Set in the wilds of Maine this is an explosive tale of an estranged son thrust into the hunt for a murderous fugitive who is also his father.

Game Warden Mike Bowditch finds an alarming voice from the past on his answering machine, his father Jack, a hard drinking womanizer who makes a living poaching illegal game. A beloved cop was killed the night before and Jack is the obvious suspect who has now escaped from police custody. Only Mike thinks his father might be innocent, although he knows all too well of Jack's brutality. The only way to save his father is to find the real killer which may mean sacrificing his job.

**LOST LAKE ~ By Sarah Addison Allen, 2014**

A beautiful, haunting story of old loves and new and the ties that bind. The first time Eby Pim saw Lost Lake it was on a picture postcard, just an old photo, but she knew she was seeing her future. That was 50 years ago and now her beloved husband George is gone and also her demanding family, and Lost Lake too, is about to slip into her past. The once charming lakeside cabins are succumbing to the Georgia heat and humidity, but an assortment of faithful misfits have returned for what Eby calls her last summer there. She is about to sell to developers. Then Kate, her great-niece, arrives with her daughter, remembering her long ago summer there when she was 12, and wonders if she can recapture that magic and maybe a second chance.

**THE BOYFRIEND ~ By Thomas Perry, 2013**

Jack Till, a retired homicide detective, now works as a private investigator chasing down routine low level cases and caring for his handicapped daughter. When the parents of a recently murdered daughter asks for his help after the police have found nothing he reluctantly agrees. The young woman, a stunning redhead, was a highly paid escort and as Till digs deeper a pattern emerges involving red-haired escorts in widely spaced cities where the police have also been baffled by the lack of clues.

Perry is called a master of the genre with his attention to detail. It is a fast-moving, tension-filled pace in the chase for a psychotic killer.

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

**WELCOME NEW MEMBERS!**

Dave Barber, City Light

Peter Dobrovolny, Office of Sustainability &amp; Environment

Nettie Dokes, City Light

Sandra Fruehling, Human Services

Florence Harrell, Housing

John Herrick, Public Utilities

Kevin Hobson, Police

Shu Ling, City Light

Philip McCready, Planning &amp; Development

Frank McKenzie, Public Utilities

Sarah Miller, Public Utilities

Michael Minato, Finance &amp; Administrative Services

John O'Connor, Library

Nancy Palmer, Public Utilities

Lynda Petrie, Human Services

Melissa Picken, City Light

Maureen Nelson, Transportation

Nancy Wanwig, Transportation

Irene Weiland, City Light

Nancy Welton, Executive Administration

Shirley Wilson, Municipal Courts

**Golden Contributions**

Paul Berry, Fleets &amp; Facilities

La Donna Dolan, Beneficiary

Donald Duke, City Light

David Edwards, City Light

Henry Hirano, Engineering

Eric Lamers, City Light

Kenneth Lowthian, Water

Gene Lucas, Administrative Services

**Memorials**

Lenora Stoehr Jorstad, Beneficiary

In memory of Robert Stoehr

## The Duffer's Corner

By Joe Matthias



### Aging and Me

I turned sixty-six over the summer. Funny how those magic numbers keep creeping up on us, isn't it? It's been a little better than a year since I finally retired, maybe for the last time. That also crept up on me when I wasn't looking. I was even watching out for that one and it still took me by surprise. Somehow when your knees start telling you that they're tired again, and your ankles decide it's time to fall apart, retirement should have been a no brainer.

I've talked to a lot of retirees who tell me they put off retirement because they were worried they wouldn't have anything to do once they did. Most tell me they have more



to do now than they ever did when working. More power to them. But it isn't that way for all of us. Many spin ideas around in their heads for years and never really connect with anything that gives them a warm fuzzy. Others don't even try and curl up in front of their computers or, more often, their television sets and slowly fade away

over time. Me, I'm not sure yet. Writing is a good start and one I do really enjoy, even though I'll never be more than mediocre at it. But it is, quite honestly, a very sedate hobby. So, the need for something a little more exhilarating is high on my to-do list.

My wife and I went down to a night club one week called the "Highway 99 Blues Club". It's a jazz club that sits right under the viaduct across from the aquarium. The star act was a jazz singer named Patty Allen. Now Patty is a small African-American woman, most likely in the ninety-five pound range, but is an absolutely outstanding entertainer. She can belt out the blues with the best of them, and has over her career, and she struts around stage with more energy than a thirty-year old. Oh, I almost forgot to mention. Patty is seventy-one years old. As I watched her, the spark in her eye, and the enthusiasm she puts into her shows, I couldn't help but think: now THIS is how to face retirement. Activity. That seems to be what keeps Patty Allen so young. You can't put on the kind of show she does without a lot of hard work, both on and off the stage. If you get the chance you should try to catch her act — the fourth Thursday of every month. You won't be disappointed.

Now I'm willing to bet that I am just about as laid back as the best of you out there. But I'm also resigned to the

fact that if I don't get my backside in gear a little it won't be around long. Not that I'm going to try to match the dedication and commitment Patty Allen exhibits every day. If I tried, I'd be dead in forty-eight hours, but it does mean I'm going to find some things to do that will keep me kicking for a while longer. It doesn't have to be difficult or strenuous; just something that makes me get moving, more often than I am now, and use my brain a little more.

Personally I like to travel. Surprise there, huh? I've been travelling around the world the last ten years. The problem we're having is we haven't seen much of the US of A yet, so that's high on both our agendas. I also would like to do a little more with my metal detector — become one with it, so to speak. Since I've had it the biggest thing I've found is a dog tag. Lastly, I'd like to keep hunting until I'm too old to tell a deer from a tree. My hunting partners would probably tell you I'm essentially there already.

There is, however, one sedentary activity I would promote. We meet regularly once a month at Shay's on Aurora. We being the retired line crew members, although it's not limited to the line department and we often have engineers, operators and more show up. The common denominator here is that, regardless of where we each worked, there is a common bond and a great deal of camaraderie. Most of us have worked together at one point or another in our lives. All of us have our pet stories, yarns and lies and we never seem to tire relating them. Not that we are trying to live in the past, but our jobs were a big part of our lives and a prime factor in our development to the outstanding individuals we are today. I wouldn't pass these gabfests up for anything and would urge everyone out there to do likewise. Get together with a group from where you worked. If one isn't out there start one. If that doesn't work then get together as best you can in two's and three's. You'll find it rewarding.



I guess that's where I'm headed with this article. I can't write to you if I fade away on you, which means I'm out of a job. And I can't write if there's no one out there to read it, which means I'm out of a job. So let's all take good care of ourselves, get a little more exercise, read a good book, and maybe I won't be out of a job.

Beam me up, Scottie. See y'all next issue.

Joe Matthias, Lighting Department (Lineman), Retired



### ARSCE Day at the Races

On Saturday, July 12th, ARSCE presented **Day at the Races**. "We had a blast, lots of fun, some even made a little money."

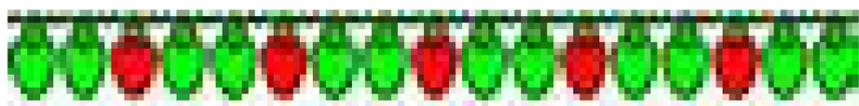
Left to right: Bugler, Kathy Ray, Anne Miller, Server, and Michael Ray.

**Complete Our Circle**



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

Application on Page 12.



**Be Christmas Cool...Mark Your Calendar Now!**

~ Advance Notice ~

**ARSCE Christmas Luncheon**

**Mark the Date**

**on Your Calendar:**

**Wednesday, December 3rd, 2014**

**West Seattle Golf Course  
Clubhouse Banquet Room**

**Doors Open at 11:00am**

**Ample Accessible Parking**

Save the date for an enjoyable holiday party with friends, new and old.

Included in the \$22.00 ticket is a turkey buffet with all the fixings, plus a ham carving station.

The doors open at 11:00am, at which time we will be treated to holiday music by Mr and Mrs Something (Chelsea and Bino Peck, local Rock/Indie band).

A turkey dinner buffet will be served at noon.

The Christmas Elves will make an appearance and we will participate in a gift exchange. This promises to be a memorable holiday party.

**You'll find your Reservation Form in the next issue of ARSCE News.**



**JUST FOR FUN**

**WORD SCRAMBLE  
"Movies from the 80s"**



Note: The number in ( ) tells how many words are in the movie title.

1. TRASHOFFICOREI (3)
2. IDAGHN (1)
3. SMEDAAU (1)
4. UTRACCOOFIFA (3)
5. MARNINA (2)
6. ABMNAT (1)
7. ADDEHIR (2)
8. NUTPOG (2)
9. BRUSHSOGSET (1)
10. ALLTHAWPEONE (2)

Answers

1. Chariots of Fire '81 2. Gandhi '82 3. Amadeus '84  
4. Out of Africa '85 5. Rain Man '88 6. Batman '89  
7. Die Hard '88 8. Top Gun '86 8. Platoon '86  
9. Ghostbusters '84 10. Lethal Weapon '87

**ARE YOU LOOKING FOR  
VOLUNTEER OPPORTUNITIES?**

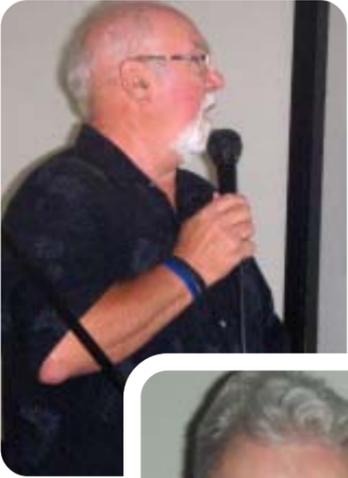
Many ARSCE members currently volunteer. Others would like to volunteer but are not sure what opportunities exist. Space limitations mean we cannot list individual opportunities in the ARSCE News.

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

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



# *ARSCE Members Know How to Have a Good Time ~ Join Us!*



**ARSCE  
Summer BBQ  
Luncheon  
Photo  
Journal**



**2014 MEETING AND PUBLICATION DATES**

- Wed. Sep. 10 - ARSCE Executive Board Meeting  
Northgate Community Center  
10510 - 5th Ave. NE, Seattle, WA  
@ 10:00am
- Tues. Sep. 23 - News Deadline (Nov/Dec Issue)
- Wed. Oct. 8 - Executive Board Meeting
- Fri. Oct. 24 - Mail ARSCE News (Nov/Dec Issue)
- Wed. Nov 12 - Executive Board Meeting
- Tues. Nov 18 - News Deadline (Jan/Feb Issue)
- Wed. Dec 3 - Annual Christmas Party
- Fri. Dec 19 - Mail ARSCE News (Jan/Feb Issue)

Announcement: There will not be a Fall (Sept.) Luncheon this year.

**Note: Calendar is subject to change by Board approval.**

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

New Member  Beneficiary   
Address Change  Dues Payment  Donation

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

Address \_\_\_\_\_

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

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

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

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

Annual Dues: \$12.00. July 1 to June 30.

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

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

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

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

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

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

Address \_\_\_\_\_

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

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