



# Whatcom Connection

*Newsletter for School Retirees of Whatcom County*

*July, 2018*

## Please Join Us July 19 at Ferndale Pioneer Park for Our Annual Picnic

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**Bob Storms**  
**A Party of One**

Local musician Bob Storms will provide an entertaining program at the picnic. Bob has composed over 200 musical compositions during his long career. Bob writes:

“My music career spanned 40 years on the Ferndale School District where I taught band, choir, elementary singing, and jazz band, in after school classes. I was a performing musician throughout my teaching years, playing in local bands, the Yacht Club band (Bill Velt Quartet) and Gordy Geer and the Blue Notes. I toured the country for a couple of years with the Blue Street Jazz Band of Fresno, CA, and after that (upon retirement) I toured overseas with the 10th Avenue Band for four years, performing in seven countries a year. Since that time I have been performing locally in several bands and as a single act on the piano as well.”

**NEXT Event**  
**July 19, 2018**  
**11:30 A.M.**  
**Ferndale Pioneer Park**  
  
**Come and bring a friend!**

The picnic will take place at Tillicum House which is at the entrance to Pioneer Park. Arrive at 11:30. This is a pot luck affair so bring something to share. Coffee and soft drinks will be provided, as well as paper plates and cups. After people have arrived and we are set up we will have the lunch. Following lunch, introductions will be made and then Bob Storms will do his program. He will have an interesting presentation with narrative and playing his music. You will enjoy it.

## If You Are Not at the Table, You're on the Menu

The election season is upon us. The Primary Elections are August 7, and the General Elections are November 6. WSSRA urges you to get involved. Incumbents are collecting money, challengers have filed to be on the ballot.

As an Association member you need to connect with legislative candidates that support our issues and our needs. For example, do they support our needs for funding pensions? For restoring a cost of living adjustment for TRS, SERS, PERS 1 ? For allowing more options for retirees to return to work? Do they support our PEBB supplements for health care?

Now is when legislators are available, visiting constituents, and would be legislators are seeking your support. Attend some candidate forums, better yet offer a candidate help such as offering to put a sign in your yard, or making phone calls or writing letters, urging family and neighbors to support the candidate. A legislator who knows you is much more likely to be receptive to your requests.

### WSSRA Legislative Goals

1. Restore a Plan 1 Cost of Living Adjustment
2. Restore retirees' lost purchasing power by increasing the State's Medicare Eligible Healthcare Benefit to \$205 per month.
3. Have the state make the actuarially recommended pension payment to the state's pension accounts.
4. Maintain the PERS/TRS/SERS 2 defined benefit pension plan to future school employees.

## Here's a List of Whatcom Candidates.

\*Sen. Doug Ericksen (D) is running for his 3rd term as Senator for 42nd District. He is challenged by Bellingham Council member Pinky Vargas (D) and Whatcom County Council member Timothy Ballew 11 (D).

\*Luanne Van Werven, ® Rep. for 42nd District Pos. 1 is challenged by Justin Boneau (D) Bellingham, and by Dean Berkeley ® Blaine.

\*Vincent Buys ® incumbent Rep. for 42nd District position 2 is challenged by Sharon Shewmake (D) Bellingham.

\*Incumbent Kristine Lytton 40th District Rep. (D) position 1 is retiring from the Legislature.. Competing for her post are 5 candidates: Red Brown (D) of Bellingham, Alex Ramel (D) of Bellingham, Debra Lekanoff (D) of Bow, Tom Pasma (D) of Burlington, Michael Petrish ® of Anachortes, Daniel Miller ® of Friday Harbor.

\*Jeff Morris, incumbent 40th District Rep. position 2 is running unchallenged.

**\*1st Congressional District:** Incumbent Suzan DelBene, (D) Medina is challenged by Jeffrey Beeler ® of Sulton, Scott Stafine ® of Arlington, Robert Mair (I) of Redmond, and Adam Pilskog (I) of Monroe. 1st Congressional District includes parts of Whatcom, Skagit, Snohomish, and King counties.

**\*2nd Congressional District:** Incumbent Rick Larsen (D) of Everett is challenged by 5 candidates: Brian Luke (L) of Lynnwood, Collin Richard Carlson (D) of Marysville, Uncle Mover ® of Mill Creek, Gary Franco (I) of Lopez Island, and Stonewall Jackson Bird (G) of Bellingham. 2nd Congressional District includes Island and San Juan Counties and parts of Snohomish, Skagit, and Whatcom counties.

## Health Notes

Submitted by Jo Praetzel, Health Chair

Articles from: U.C. Berkely, Harvard Health, Consumer Reports

### Good News About Older Brains

Healthy older adults appear to produce as many new brain cells as younger adults do, according to a Columbia University study. When researchers examined 28 people 14 to 79 years of age, they found that the production of new brain cells was steady across the ages.

### Fat at the Waistline Linked to Increased Fall Risk

Are you an apple or a pear? Older adults who carry their weight around their middle (in an apple shape) may have a higher risk for falls than people who carry their weight around their hips (in a pear shape), according to a study published online Feb 9, 2018 by the *American Journal of Preventive Medicine*.

**Taking a Dip in the Sea** has been associated with an increased risk of developing ear infections, diarrhea, and other illnesses. British scientists say that people who visit coastal beaches and enjoy wading or swimming are at a greater risk of illness compared with their landlubber counterparts.

**Yogurt** may reduce the risk of heart attacks and strokes in people with high blood pressure, according to an observational study of 74,000 nurses and other health professional with hypertension, published recently in the *American Journal of Hypertension*.

**Leafy green vegetables**, as part of a healthy diet, may help slow age-related cognitive decline, according to a recent study in the *Journal Neurology*.

**Even Short Bouts of Exercise** 5 to 10 minutes or less, accumulated throughout the day can improve health and reduce mortality rates.

## Wit and Wisdom

“Nothing in all the world is more dangerous than sincere ignorance and conscientious stupidity.”

*Martin Luther King Jr.*

“We cannot solve our problems with the same thinking that we used when we created them.”

*Albert Einstein*

“Where all think alike, no one thinks very much.”

*Journalist Walter Lippmann*

“Laughter is a tranquilizer with no side effects.”

*Humorist Arnold H. Glasow*

WCSRA Members,

Thank you so very much for the generous boost this year! (\$3000) Your gift is greatly appreciated. We are getting more and more students in our Adult Basic Ed classes, which is a great alignment for the Velma Wendt Scholarship. This will be a huge help.

Gratefully,

Val

Program Specialist

Bellingham Technical College Foundation

**WCSRA  
P. O. Box 29503  
Bellingham WA 98228**

**PRSR STD  
U. S. Postage Paid  
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**Treasurer's Report**

Savings Account      \$7399.92  
Checking Account     \$ 6693.72

**2017-2018 DUES**

State dues \$60.00    Local dues \$24.00  
Total \$84.00

Please send Check to:  
**WCSRA  
Box 29503  
Bellingham WA 98228**

Or

Why not try automatic dues deduction?  
ADD is just \$7.00 monthly from your  
retirement allotment.

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