



Hotlines

Benton/Franklin School Retirees
Tri-Cities, Washington

<http://www.bfsra.org>

August, 2009

Issue 1

President's Message

Greetings and Welcome back.

Arriving via AM-TRAC, 12 delegates and 1 alternate attended the WSSRA State convention in Vancouver, WA, June 8-10. Three days of conventioning: including electing Rita Requa, state president, hearing a presentation on our Legislative package, attending various presentations and workshops. So here we are beginning, what we believe to be, a productive year for the Benton/ Franklin School Retirees Association.

A look at 2009-2010....What will this year bring?

Continue Webpage development: Publish & mail a quarterly newsletter and post a mini newsletter for the intervening months. Obtain e-mail addresses to send an E-newsletter. Implement a process to archive current and past records. Put our scholarship application online. Visit our Website: <http://bfsra.org/>.

Continue our Legislative Program: WSSRA has a strong lobby team in Olympia who keep our issues alive. BFSRA has a strong local team who keep us informed of issues, actions and results. Our membership responds well to requests for immediate action and as a result we have made statewide gains in our legislative package.

Increase membership: There are many things we can do to better ourselves as individuals, but great numbers are needed to make our voices heard in Olympia, where notice is given to those who speak the loudest. Increasing our membership is everyone's responsibility. Let us commit to getting one new member each

Support scholarships and grants. Last year we awarded 3 scholarships @\$600 each to those who plan to enter the teaching profession and 8 grants @\$100 each to "actives" for worthy classroom projects. Contributions from book sales, birthday, anniversary and memorials add to our scholarship fund. We would like to enlarge the books sales display to include videos, CDs, DVDs and books-on-tape.

Working and sharing together as a team, we grow and become stronger. I am looking forward to having a wonderful and learning year. **Leona Hassing**

August 24, 2009

11:30 am

Country Gentleman

9221 W. Clearwater

Kennewick

\$12.50

Picnic Lunch (menu below)

August Meeting

We start the 2009-10 season with a picnic at the Country Gentleman Restaurant on Clearwater in Kennewick. Doors will open at 11:30 am with lunch to begin soon after. Ken Mulhbeier will entertain us. Cost is \$12.50. Spouses and friends are invited to attend.

Menu: Pulled Pork Sandwiches, All Beef Hot Dogs, baked beans, red potato salad, coleslaw, fresh fruit, lemonade/iced tea/water.

Desserts will be provided by the BFSRA board.

Email Option

If you would prefer to receive the BFSRA newsletter via email instead of regular mail, please send your email address to Helen Bruggeman at hjbrugg@gmail.com.

The October newsletter will be sent via email to all who send in their email address.

Officers

President	Leona Hassing
Immediate Past President	Don Parks
Vice President	Elmer Bailey
Secretary	Low Edming
Treasurer	Marlys Mayer

E-8 Representatives

E-8 Coordinating Council Secretary—Marie Brown
 E-8 Coordinating Council Chair—Jerry Hendrickson
 E-8 District Representative—Coleen Kinloch,

Committee Chairs 2009-10

Program	Elmer Bailey
Membership	_____
Health & Protective Services	Hollis Morris
Legislative	A.J. & Jim Foster, Elaine Banks
Retirement Planning	_____
State Retirement	Joy Ledgerwood
Scholarships	Shirley Frare
Grants	Clarence Alford
Communications	
Membership Directory	Marcia Hoffmann
Newsletter	Helen Bruggeman
Webmaster	Craig Coleman
Telephone	Bette Evans & JoAnn Deichman
Scholarship Book & Puzzle Sales	Ann & Bud Myers
State PAC, Past State Chair	Marion Hughes
Media Contact	_____

If you are interested in filling any of the open positions above, please contact Leona Hassing.

If your name, address, or phone number changes, please notify the following people: Marcia Hoffman, Marlys Mayer, and Helen Bruggeman.



September Meeting

TIME WITH OUR REPRESENTATIVES AND SENATORS

Our 8th and 16th State Legislators will be our guests for the Sept. Luncheon. All will be in attendance with the exception of Sen. Delvin who had a prior commitment. The legislators will be given an opportunity to introduce themselves and give us a brief summary of "The State of our State". In addition we will invite the two candidates running in the 16th district. We will not know who these people are until after the primary. They will be given an opportunity to introduce themselves and give a brief summary of their platform. If you have questions regarding our retirement issues that you would like our legislators to discuss, please forward them to us at cameojj@charter.net. We will pass them to the board and see that they are addressed. This meeting is generally well attended and also goes a little longer. Please make allowances for this in your schedule. We will try to keep things on a tight time schedule. It is, however, an important meeting as we need to get to know our legislators and they us. Hope to see you all there. Jim and AJ Foster, Legislative com.

Note from Marlys

Cash dues have been due since July 1. The state has sent reminders to you and has requested that I encourage you to pay your \$60 dues now. Please send me your check or plan to pay your dues at the August 24 lunch at the Country Gentleman. I will have dues deduction forms there in case you would like to sign up for \$5.00 a month taken from your pension; that way you would have to pay nothing now and \$5 would be taken from your pension account each month.

Marlys Mayer, Treasurer
 3033 Riverbend Drive
 Richland, WA 99354
 375-0167

BFSRA 2009-2010 Calendar DRAFT

August

10 Board Meeting -- ESD #123
24 Picnic -- 11:30-1:00
County Gentleman Restaurant
9221 W. Clearwater, Kennewick
MENU: Picnic Buffet

September

14 Board Meeting--ESD #123
28 General Meeting--"Time with our Representatives
and Senators"
MENU: Cheddar Chive Chicken

October

12 Board Meeting--ESD #123
13 E-8 Meeting, Clarkston, Quality Inn
26 General Meeting--Rita Requa, WSSRA State
president
MENU: Ravioli

November

09 Board Meeting--ESD #123
23 General Meeting--Salvation Army Toy Drive and
Singing of Carols
MENU: Hickory Smoked Turkey

January

11 Board Meeting--ESD #123
25 General Meeting--TBA
MENU: Teriyaki Chicken

February

08 Board Meeting -- ESD #123
09 E-8 Meeting--Walla Walla Elk's Lodge
22 General Meeting--TBA
MENU: Swedish Meatballs

March

08 Board Meeting--ESD #123
22 General Meeting--TBA
MENU: Chicken Alfredo

April

12 Board Meeting--ESD #123
26 General Meeting--Scholarship Presentations
by Shirley Frare
Election of Officers
MENU: Taco Salad

May

03 Board Meeting--ESD #123
11 E-8 Meeting--TBD
17 General Meeting -- Memorial Ceremony
Installation of Officers
MENU: Croissant Club

June

07-09 WSSRA Convention, Yakima
09 WSSRA Leadership Training

A BIG THANK YOU!

BFSRA wants to give a big thank you to the Columbia Center Red Lion. We have been holding our monthly luncheon meeting here for 20 years. They have been kind and considerate to us. They serve delicious meals with only moderate price increases over the years. Our price is below the price charged for other meals here or at other hotels. They serve on time and even a dessert is included. They help us in other ways such as storing our books, puzzles, etc., that we sell to our members to help our Scholarship Fund. Then, at the next meeting, they bring the stored items out for us to display. They give us a free brunch for our drawing each month.

THANK YOU, RED LION, FOR YOUR SERVICE.

Monitor WSSRA's telephone Legislative Message Line (1-800-221-1264) and internet web site www.wssra.org for updates on WSSRA legislative activities. Update will be as needed.



Helen Bruggeman
6513 W. Kennewick Ct.
Kennewick, WA 99336-6701

Return Requested

Your Health

The Benefits of Walking

- Reduce your risk of a heart attack
- Manage your blood pressure
- Reduce your risk of developing type 2 diabetes
- Manage your diabetes
- Manage your weight
- Manage stress and boost your spirits
- Stay strong and active

Walk with smooth movements. As you walk forward, roll your foot from heel to toe. Avoid coming down hard with your heel on the ground.

Design a program that works for you

- Start slow and easy; walk as far as you're comfortable
- Use proper technique to avoid injury and setbacks
- Measure the intensity of your workout; if you're so out of breath you can't talk, you're walking too fast
- Keep track of your progress; use a pedometer
- Stretch before each walking session; cool down after each walking session
- Make it fun; have a friend join you
- Think positively
- Build a walking schedule into your day

Newsletter Editor—Helen Bruggeman

hjbrugg@gmail.com

Newsletter items need to be sent to Helen by the board meeting. Email attachment in MSWord works best.

Newsletters will be sent in August, October, January, and April.