



January, 2009

# Hotlines

Benton/Franklin School Retirees  
Tri-Cities, Washington  
[www.bfsra.org](http://www.bfsra.org)

## President's Message

Greetings retirees and friends. I am hoping all had a great Christmas and are now experiencing a very Happy New Year. This past fall we have had great programs at our luncheon meetings.

Our January meeting program is set to be provided by our WSSRA State President, Gene Forrester, of Olympia. We are hoping for road conditions that will allow him to get here successfully. We all remember having to cancel last January's meeting due to lots of snow. Leona assures me that our remaining programs are all very interesting and informative as well.

It is my pleasure to take this opportunity to thank one of our active teacher members, Craig Coleman, of Pasco High School, for the outstanding work he did in assisting us to better organize and produce our BFSRA Directory. It is now entirely on disc, which makes revisions much easier than did the old method. More "tweaking" needs to be done, but it is a great start. Thank you so much, Craig, for all you did and agree to do in the future on the directory. If anyone has not received a new Directory, please let me know.

I look forward to seeing all of you at our January 26th general meeting and lunch.

Don Parks, President

## January Meeting

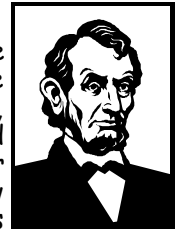
Gene Forrester, WSSRA President, will be our featured speaker at the January meeting. Gene is from Olympia, so we're hoping the route he has to travel to get here will be open and easy going.

## February Meeting

Abraham Lincoln will be speaking to us on February 23rd.

## March Meeting

Kimberly Camp, CEO of the Hanford Reach Interpretive Center (The Reach), will provide an overview and progress of the Center at our March 23rd meeting. A new visitor and heritage center is being developed to celebrate and learn about the natural and cultural his-



January 26

11:30 am

Kennewick Red Lion \$12.50

Teriyaki Chicken

## Note from Marlys

A reminder—The Red Lion charges us for every meal ordered, so if you make a lunch reservation and do not come, we have to pay for the meal from our treasury. If ten people do this, we have to pay \$125.00 to cover it. If you make a reservation and don't come, please send \$12.50 to Marlys Mayer, 3033 Riverbend Drive, Richland, 99354, or call her at 375-0167.

Meals this year are \$12.50. Meals at the Red Lion must be paid for with cash.

No checks, please.

**Officers**

Don Parks, President  
 Joy Ledgerwood, Immediate Past President  
 Leona Hassing, Vice President  
 Lew Edming, Secretary  
 Marlys Mayer, Treasurer

**Committee Chairpersons**

Joy Ledgerwood, Outreach Liaison  
 Leona Hassing, Program  
 Nolita Smith, Membership/State Membership Rep.  
 Hollis Morris, Health & Protective Service  
     , Community Services  
     , Member Services  
 A.J. & Jim Foster, Elaine Banks, Legislative  
 Marion Hughes, State PAC, Past State Chair.  
 Shirley Frare, Scholarship  
 Clarence Alford, Grants  
 Leona Hassing, Communications/Member Directory  
 Helen Bruggeman, Newsletter Editor  
 Craig Coleman, Webmaster  
 Bette Evans & JoAnn Deichman, Telephone  
 Ann and Bud Meyers, Scholarship Book/Puzzle Sales  
 Carol Berry, Pre-Retirement Planning  
     , Media Contact

**E-8 Representatives**

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

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

Please visit our website.

**[www.bfsra.org](http://www.bfsra.org)**

**Your Help is Needed**

A recent tragedy to one of our 2008 scholarship recipients' family has caused financial hardships for the family. Jessica Garcia's father was killed and her mother seriously wounded. Her mother is still in Harborview Hospital in Seattle. Jessica is home and will not be able to continue her pursuit of a college education at this point. We would like to help the family out financially by passing a basket at the January 26th luncheon. Contact Don Parks if you have any concerns or questions.

**Scholarships and Grants**

Scholarships and Grants committees report that all applications are in and the reading of the applications has begun. The winners will be announced later this month.

**WSSRA and BFSRA Lose a Good Friend**

Bill Grant, the Democratic legislator for the 16th Legislative District died of a rare form of lung cancer on Sunday, January 4, 2009, after serving 22 years in the state legislature.

Bill was known for his pragmatic and even-handed approach to his job and was well-respected by members of both parties. He served on the legislature's agriculture, water and natural resources, and rules committees. He will be missed.

In the October-December issue of The Journal, there is an article by Don Carlson. In this article he praises the work done by Elaine Banks. If you haven't read the issue or the article please go back and find it. There is also useful information about communicating with your elected officials on the same page (6).

Website of interest: This site gives info on cell phone etiquette as well as computer etiquette. It's a site you might want to pass on to teens and twenty-somethings.  
<http://www.switched.com/2008/12/23/25-rules-of-tech-etiquette-2/>

## It's the good, the bad, and the ugly—AGAIN.

As a follow-up from Leslie Main's Legislative info, here is the news from Olympia. I will give you the good news first:

Currently, the Public Employees Benefits Board (PEBB) Medicare eligible retiree subsidy is \$182.89. Governor Gregoire's proposed Operating Budget for 2009-11 includes the following PEBB Medicare eligible retiree subsidy levels: 2010 = \$196.60; 2011 = \$211.35. We must watch this carefully to ensure it is not eliminated during the negotiation process between the two houses and the Governor.

On 12/16/08 the full Select Committee on Pension Policy (SCPP) voted NOT to pass the Public Employee for Pension Reform (PEPR) coalition's proposal for Plan 1 COLA improvement out of Committee. The primary reason cited for opposing Plan 1 COLA improvement was cost to state and local government employers from resulting increases in the Plan 1 Unfunded liability.

On 12/16/08 the full SCPP voted NOT to pass the PEPR coalition's proposal for Plan 2/3 Disability Benefits improvements out of Committee. However, the SCPP DID vote to pass the PEPR coalition's proposal for a study by the Washington State Institute for Public Policy (WSIPP) of an Opt-In Disability Retirement Insurance provided through either DRS or HCA. The study proposal was amended to require consultation with the Office of the State Actuary by the WSIPP.

The SCPP members should have voted these two bills out of committee to allow the full Legislature to discuss these two issues. The SCPP went against one of their own Goals when they did not allow the COLA issue to move forward.

Under current statute, only Plan 1 is permitted to accrue an Unfunded Liability. According to the 2006 Actuarial Valuation, the total Plan 1 Unfunded Liability amounted to \$4.47 Billion. Statute requires that the Plan 1 Unfunded liability must be paid off by 2024. Governor Gregoire's 2009-11 Operating Budget proposes cuts in employer contribution rates for Plans 2/3 amounting to a State-General Fund savings of approximately \$385 million. In order to accomplish this savings, the Legislature must pass the Governor's proposal to change the current Plan 2/3 statutory pension funding method to a method of funding which will allow Plans 2/3 to accrue an unfunded liability. The Projected Unit Credit (PUC) method, as it's called, was proposed several years ago, but was voted down as a bad idea...A VERY BAD IDEA TODAY, ALSO!!!

All of us must be very mindful and observant regarding the actions of the Legislature this year. Unfortunately, we have lost one of our most staunch supporters, Bill Grant, who succumbed to cancer this past week. Legislatures in the past have balanced their budgets on the backs of retirees, they are poised to do it again. Let all of us be vocal and not let them!!! We put them in office and we can vote them out but will it be too late?? Elaine Banks

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

Contact Newsletter Editor Helen Bruggeman at these email addresses:  
 humbrug@aol.com or humbrug@yahoo.com  
 Newsletters will be sent in August, October, January, and April.



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

## Healthy Living

How to recognize the symptoms of a stroke and heart attack.

Cut out and put in your wallet or on your refrigerator.

### Is it a Stroke?

#### Symptoms:

- Sudden numbness or weakness
- Sudden confusion
- Sudden trouble seeing
- Sudden trouble walking
- Sudden headache

How to tell if someone is having a stroke? Ask the person to

- Smile
- Raise both arms (They won't be straight.)
- Repeat a simple sentence, such as "Today is my birthday."
- Stick out their tongue. (The tongue will not be straight.)

If the person is having trouble with any of these call 911.

### Is it a heart attack?

#### Symptoms:

- Stabbing pains in the chest
- Cold sweats
- Pain or discomfort in your arms, back, jaw, neck, or stomach
- Shortness of breath
- Sweating or light-headedness
- Indigestion or nausea
- Dropping to the floor

Women may also experience

- Stomach pain
- Back or jaw pain
- Unexplained fatigue
- Racing heartbeat
- Squeezing motion up and down the spine
- Pressure in the sternum
- Spasms in the arm, elbow, or jaw