



BOEING RETIREE VOLUNTEER PROGRAM



The Boeing Company  
Box 3707 M/S OF-KA  
Seattle, Wash. 98124-2207

# Sno-King Boeing Retiree Volunteers General Meeting

*Our activity this month will be—*

*Potluck and Gift Exchange*

**Boeing Everett Employees Activity Center  
December 18th—3rd Thursday, 12:00 Noon**

**Come early and share a snack and coffee and socialize**

**Bring another Boeing retiree—Bring dry food staples for the Food Bank**

**SNO-KING BOEING RETIREE VOLUNTEERS OFFICE & MEETING ROOM**

Located in the Boeing Everett Activity Center which is 2½ miles North of the Boeing Everett Plant

From either direction (East or West) on Highway 526 (Boeing Freeway), take the Seaway Blvd turnoff. Proceed northerly for approximately 2½ miles. The Activity Center is at the top of the next hill after you drive down through the big curve in the gully.

Lots of parking in front of the building.

**Chairman's Report**

The election held at our November meeting resulted in no change to our leadership. All current leaders agreed to remain in office for an additional year, mainly because no one wished to replace any of them. There was one administrative change, however. Rose Johnson and Stan Shipley have agreed to form a committee in charge of obtaining suggestions for speaker topics from the membership and arranging for speakers to present those programs. This will help me tremendously, as that is a time-consuming portion of the position of chairman. Please contact either of them if you have any suggestions or requests for topics to be presented. Their contact information is on the last page of this newsletter.

I have given Diane several information sheets for inclusion in the newsletter as space permits. These included such topics as Your Home Safety Checklist-Keeping Yourself Active and INDEPENDENT!, Keeping Your Balance-Longer, Stronger, Independent Lives! (both courtesy of the Falls Prevention Coalition of Snohomish County), Looking for something to do?, People who Volunteer, and Health Benefits of Volunteering (the last three courtesy of RSVP).

Here's wishing all of you a Happy and Safe Holiday Season! See you on the 18th of December for our Holiday Potluck and \$5 limit Gift Exchange.

*Bob Krull*



**Volunteer Hours**

**H**i All,  
 It is time to submit your Bluebills volunteer hours for the month of November or any previous month. If you have hours that have not been reported, you may submit those also. Thanks for your input.

*Max*

**CLC Report**

**Janice Hawes**, CLC member from Heritage, holds some toys, dolls and quilts that Busy-Bees are giving to a local food bank for Christmas 2014.



**Lonnie Stevenson**, also from Heritage and seated to the right, is very active in USO. Lonnie participated in the 49th Annual Veterans Day parade, in Auburn, the biggest one west of the Mississippi! The whole USO crew that volunteered is pictured below. (Lonnie is on the far right holding the dog.)



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**This newsletter**

This newsletter is also on our website in [living color](http://www.bluebills.org/snoking.html)

<http://www.bluebills.org/snoking.html>

## Sew 'N Sews

Merry Christmas to everyone! This month is the busiest month for the folks who are receiving the items that many of you have made or bought throughout the year – especially the hats and scarves. The last few days and nights have been very cold and I have thought a lot about the homeless and hoped that they had a spot at a shelter. Just recently on one of my trips to the men's mission there were so many people camped out on the sidewalk near the overpass by the mission. It looked almost like a refugee camp. Per the mayor's request, there has been a group designated to come up with a workable plan to help solve the homeless problem. Right now the only thing they have all agreed upon is that there is a 'problem'.

### BIG THANKS TO ---

**VIVIAN GALE** for the pretty red hat with ear flaps, a pair of gloves and two ski type hats.

**ELLA KRULL** for the very colorful baby afghan.

**WANDA THOMAS** for the large bag that contained one knitted sweater, five scarves and nine hats with ear flaps (see photos elsewhere on this page).

The hats are just great for this cold weather and Wanda says they are very simple to make. If anyone is interested in the pattern -- contact Wanda or me.

Deliveries during November were made to Catholic Community Services, Pregnancy Aid, St. Joseph's, Everett Gospel Mission and Project Linus. Project Linus delivers items to many other places such as hospitals, group homes, foster children, etc.

A letter was received from Pat Younie (wife of deceased Guy Younie). Guy is one of the first Bluebills to bring World Vision to Everett. Pat isn't able to come to our meetings but is very actively involved in volunteer projects. She is still knitting hats and scarves for the outreach programs in her area. One day she hopes to join us and then the rest of you can get to meet her.

Again thank you for all your efforts to make the world a better place.

Sew long,

*Rose*

## St. Joseph's House Volunteer Update

James Bailey and I have been volunteering at St. Joseph's for the last three weeks. We help the clients as they select their Christmas decorations and then help out with whatever else needs to be done.

Continued at right

## Sew 'N Sews Photos



The above photos are of the various items knitted or crocheted by Wanda Thomas and Ella Krull

St. Joseph's receives a lot of donations and they have to be sorted through quickly or they really pile up. The clothing is checked over and then hung on hangars.

The help will be needed until Christmas. If a person wants to, they can continue to volunteer there, as help is always needed. Check out their web page at [www.saintjosephshouse.org](http://www.saintjosephshouse.org).

If you would like to help --- give me a call.

Thanks,

*Rose Johnson*

## CLC Report, continued

One of the many groups marching in the parade is shown below.



The Boeing Company has donated 787 Dreamliner Number 3 to the Museum of Flight. At a recent tour, Boeing employees and others lined up to view the aircraft close-up: including touching the skin, kicking the tires, lounging on the engine nacelle, drooling over the first class amenities, and peering into the flight deck.



Submitted by,  
*Stan Shipley*

## Miss USO, 1965



In the 1960s, Vivian Gale was quite active in the USO, and in 1965, she was crowned Miss USO at the May 10th Military Ball by Captain Mario Bini, commanding officer of the Italian missile ship, Caio Duilio in Jacksonville, Florida. In the photo she is the lady to the left, wearing the tiara.

Submitted by,  
*Alan Gale*

## Potato Dish Recipe - Wanda Thomas

Thaw, in a large bowl: 1 2 pound bag of hash browns,  
either shredded or southern style

Stir in: 1 pint sour cream

1 can (10 3/4 oz) of cream of chicken soup

10 oz (2 1/2 cups) shredded cheddar cheese

1 medium onion, peeled and chopped

1/3 cup melted butter or margarine

Salt and pepper to taste

Sprinkle with paprika. Bake at 350° for about an hour.

Yummm!!

## People who Volunteer Live Longer

For older adults, it really is better to give than to receive, a University of Michigan (Ann Arbor, MI) study suggests.

The study, published in the journal *Psychological Science*, finds that older people who are helpful to others reduce their risk of dying by nearly 60 percent compared to those who provide neither practical help nor emotional support to relatives, neighbors, or friends.

“Making a contribution to the lives of other people may help extend our own lives,” says the paper’s lead author, Stephanie Brown, a psychologist at the university’s Institute for Social Research.

For the study, funded in part by the National Institute of Health, Brown analyzed data on 423 older couples who were first interviewed in 1987 and then followed for five years to see how they coped with the changes in later life.

In their first interview, couples were asked about any practical support they provided to friends, neighbors or relatives, including help with housework, child care, errands or transportation. They were also asked how much they could count on help from friends or family members if they needed it. Finally, they were asked about giving emotional support to or receiving it from their spouses.

Over the five year period of the study, 134 people died. Brown found that people who reported providing no help to others were more than twice as likely to die as people who did give some help to others.

However, receiving help from others was not linked to a reduced risk of mortality.

“In other words, these findings suggest that it wasn’t what we get from a relationship that makes contact with others so beneficial, it is what we *give*,” says Brown. Call RSVP today to get started living longer!

Source: Stephanie L. Brown, Institute for Social Research, The University of Michigan, Ann Arbor, MI. E-mail—[stebrown@isr.umich.edu](mailto:stebrown@isr.umich.edu)

*To start giving today, call:*  
425-374-6374  
1918 Everett Ave  
Everett WA 98201

Retired and Senior Volunteer Program, sponsored by Catholic Community Services

## Looking for Something to Do? Here’s an Idea, Volunteer with RSVP!

Enroll in RSVP and serve your community in the following areas:

- ◆ Education—Tutor in any grade, ESL mentor
- ◆ Environmental Stewardship—Help preserve our community for future generations
- ◆ Healthy Living—Food banks, community gardens, Chore/Transportation, SHIBA
- ◆ Economic Opportunity—Financial Literacy, GED, Tax Preparation
- ◆ Disaster Preparedness—Helping the community prepare for the worst
- ◆ Veterans—Assisting them and their families

Call 425-374-6374 for more information!

The Retired and Senior Volunteer Program  
is sponsored by Catholic Community Services,  
1918 Everett Ave, Everett 98201

**Holiday Potluck and Gift Exchange**

This month’s meeting will be our annual Holiday Potluck and Gift Exchange. For those who want to participate in the gift exchange, a suggestion was made at the November meeting to limit the amount to \$5. Some interesting places to shop would be dollar stores and thrift shops. Note: these are suggestions only.

Menu items are another area where suggestions are provided, with no requirement that you stick to the categories delineated by the alphabet. Here goes!

- A to J — Side Dishes
- K to P — Main Dishes
- R to Z — Desserts

**DATES TO REMEMBER!!**

**Sno-King Boeing Retiree Volunteers Meeting, Thursday, December 18th at 12:00 Noon**

This month’s activity will be the  
**Holiday Potluck and Gift Exchange**

**Sno-King Boeing Retiree Volunteers Council E-mail / Phone List**

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