



The Heritage

Heritage Chapter Bluebills
Boeing Retiree Volunteer Newsletter

December 2012

WWW.BLUEBILLS.ORG

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Chairman's Corner

Well, Thanksgiving has passed for this year and we now look forward to the Christmas Season. It seems a long time since we had our Bluebills Annual dinner. I do hope all those who attended had as great a time as we did. I thought the Wrinkles put on a great show and showed how to enjoy retirement.



I have to congratulate Janice Hawes as our 2012 Bluebills Volunteer of the Year. It was thoroughly deserved.

Since she was unable to attend the dinner we made the presentation at the November General meeting at Harley Davidson.

I am sure everyone is getting solicitations in the mail for donations to those less fortunate than we are.

I think we all have a commitment to donate supplies, time and whatever we can to alleviate the problems that we all see in our communities. It never ceases to amaze me that amongst all our prosperity all this poverty still exists.

I am sure you all have your favorite charities to which you donate.

Christmas is a happy season for most of us and I am sure you all have events which have become a family tradition over the years. We will once again attend the Northwest Boys Choir at their performance of the Nine Lessons and Carols at Saint Mark's Cathedral in Seattle. Over the past few years we have been accompanied by our grandson.

We also like to spend a few days in Victoria, BC prior to Christmas. It is part of our British connection although this year we spent all of October in England. I look forward to seeing all of you at the Bluebills Potluck Monthly Meeting on December 21st and wish all of you a very Merry Christmas and a Happy New Year.

Howard

Recap

Chapter Meeting November 30th

By Micki Brown

Friday – November 30th – The meeting began with the Pledge of Allegiance and was followed by announcements celebrating birthdays and anniversaries; we celebrated quite a few birthdays plus a 23 year wedding anniversary ... wonderful!

- Howard was back at the helm and said he hoped we all had a thankful Thanksgiving. He also reminded us that the December meeting will be held *one week earlier* which makes it Friday, December 21st. It's a potluck, so pull out some of your favorite recipes to share with the crowd -- we'll see you there!

As the Bluebills Office is going to be moving (*there is still a lot of laughter when this is announced*), there were some Volunteer tee shirts made available for those attending the meeting. Howard hopes the move will be *after* the end of the year.

- Richard Vaughn shared information on a brochure (*Washington State Benefits for Veterans and Family Members*), copies of which were available at the meeting. You can also pick some up at the Bluebills office. (see: www.dva.wa.gov/publications.html) These are for giving to a vet you may see on a corner or a freeway off ramp who is looking for a handout. By partnering with local, state and federal agencies, WDVA offers a complete referral service to provide veterans with accurate and current information on the entire range of veterans' benefits and entitlements – in the State of Washington. Call their Toll-Free Phone Number 1-800-562-2308 to be connected to a service officer nearby.
- Maybelle Brickley announced that NW Center needs some volunteers on Tuesday, Dec. 4th for phone calls, from 4 PM to 6 PM. Additionally she has a sign-up sheet for gift wrapping at Youth

Eastside Services (Y.E.S.) in Bellevue. To volunteer you may contact her at maybelleib@msn.com.

- Chander Lall, who worked for Boeing for 45 years, currently volunteers at The Museum of Flight. At a meeting last week, the CEO of The Museum, Douglas King, awarded him a World War I propeller (you read that right -- check out this photo!) for the incredible amount of volunteer hours he has amassed. In attendance at that meeting was **Bill Boeing, Jr.**, who, this year, is celebrating his 91st birthday. He hopes to have a copy



of the photo of the two of them at our December meeting! Congratulations Chander ... well deserved!

- At the November 6th dinner, the Volunteer of the Year 2012 for The Heritage Chapter was an-



nounced, but the recipient was unable to attend. Howard proudly presented **Janice Hawes** a

framed Boeing Bluebills signature airplane print. Congratulations Janice!

- Norma Vaughn shared with us how Janice shared part of her recognition award. You know that \$10 you pay for the dinner? Well, that goes to the honoree. But thanks to Janice, checks are going to Union Gospel Mission and the Salvation Army's Food Bank in Renton, each in the amount of \$575. *(It's easy to see why she was honored as our Volunteer of the Year!)*

Jim Beasley began the introduction of our speaker, Edwin W. Rubel, PhD, of the Virginia Merrill Bloedel Hearing Research Center. It seems that Jim and Carla both recently had a hearing test. He had noticed in years previous that while *his* hearing was fine, he noticed that people were speaking more and more softly. He said that until two days ago when he began wearing his hearing aids, he didn't realize there were birds singing in their neighborhood. He now realizes how much he had actually been missing.



Now to our speaker ... **Dr. Rubel** was born in Chicago and has been a Washington resident since 1985. Since 1986 Dr. Rubel has been a professor in the Departments of Otolaryngology and Physiology and Biophysics, and Adjunct Professor in the Department of Psychology, at the University of Washington in Seattle. He has been Di-

rector of Research for the Dept. of Otolaryngology since 1986, and was the founding Director of the Virginia Merrill Bloedel Hearing Research Center at the University of Washington from 1989 to 1993. . In 1991 he was named the Virginia Merrill Bloedel Professor of Hearing Science. He has published over 300 scientific papers and book chapters and edited 5 books. His honors include the Jacob Javits Neuroscience Investigator Award and the "Award of Merit" of the Association for Research in Otolaryngology. His research interests include development and plasticity of the central and peripheral auditory system, hair cell regeneration, and modulation of hair cell death. Most recently, he and his colleagues have developed a unique high, throughput screening system using larvae zebra fish to search for genes and drugs that influence the integrity and resistance to of inner ear hair cells

(Continued on page 3)

ototoxic injury. They now have 1 drug under development toward clinical use to prevent one form of hearing loss.

Dr. Rubel entertained us with his lively presentation, and even though it went well over the allotted time, not one person left early! He offered the Chapter a copy of his PowerPoint presentation, which we hope to post on the website. Please, make sure and look for it; there is no way to capture the full essence of the information he shared at our meeting. You may find this website a great source of his work: <http://depts.washington.edu/rubelab/> Display of some of the microscopic photography of parts of the inner ear are ... beautiful (see Photo Library).

It was an exciting day when Dr. Rubel realized that chickens can do what human beings can't: *regrow* damaged hair cells that are essential to hearing. News of this discovery was the genesis of the Virginia Merrill Bloedel Hearing Research Center where he leads a diverse team of scientists who are committed to the regeneration of hair cells in the human ear.

The ear is a complicated system in itself, and it is subject to a wide range of influences from within the body and from the wider world. The mechanism of the inner ear controls not only our ability to hear, but also our balance and sense of equilibrium. Researchers at the Bloedel Center are working to find answers to both hearing loss and balance disorders.

Sensory hair cells in the inner ear transform sound energy into nerve discharges. These highly sensitive cells are susceptible to damage from many causes – noise, aging, *common medications* (check with your doctor), infection, and genetic conditions. When humans lose these cells, they do not regenerate. As UW researchers have discovered, birds have the remarkable ability to regrow their inner ear cells spontaneously after damage. *They hear again.* The Bloedel Hearing Research Center's goal is to find ways to promote this regrowth in humans. Only mammals cannot regenerate damaged sensory inner ear hair cells, but aviary and aquatics have this remarkable ability.

There was a fun door prize drawing. Lana Mitsules donated five attach-a-coasters for wine glasses – thanks Lana! This was followed by a raffle ticket drawing held by Bambi Lee of the *Busy Bees*. The winner of a beautiful quilting project that Janice Hawes designed and made, was Yoshi Akers (also a *Busy Bee*!). The raffle raised \$123 for the *Busy Bees*

to purchase needed supplies. (*Ed. Note: Keep your eyes open for baby yarn for them.*)

Howard closed the meeting reminding everyone of the December meeting being a week earlier than our normal meeting date. It is Friday, December 21st.



Heritage Chapter's 17th Annual Volunteer of the Year Dinner

The Heritage Chapter held its' 17th annual Volunteer of the Year dinner on November 6, 2012, at the Doubletree Suites in South Center. Approximately 120 members and guests braved the wet weather once again to attend this gala event. Special guests included Teri Tranholt-Hochstein, our Bluebills Boeing Representative, and Mr. and Mrs. Jim Fortier. Jim is the Boeing Finance representative who makes sure we are reimbursed for our Bluebills expenses. It was a pleasure to have them join us.

The social hour began at 6:00 p.m. with an excellent dinner served at 7:00 p.m. Howard Syder, Chapter Chairman, welcomed all to the event. He chose "Happiness in Retirement" as the theme for the dinner and immediately following dinner we all knew why he did so. The entertainment for the evening was the Wrinkles of Washington (WOW), a group of senior citizens from the Olympia area who kept us all laughing and clapping with their wonderful songs, delightful dancing (including a chorus line of tap dancers), skits, and jokes. We truly realized that not only Bluebills but other seniors have found "Happiness in Retirement". It was a perfect way to celebrate this theme.

This year there were three outstanding Bluebills nominated for the Volunteer of the Year award. Nominees were Jim Bunt, Bob Stubbs and Janice Hawes, each having done an outstanding job of volunteering not only in the past year but for many years.

Jim is known as the person to call when help is needed whether it is to work on the school supplies program or to help friends and neighbors who need some assistance. Bob has been a Bluebill for over ten years and he, too, is a dependable volunteer in many ways. He is also an excellent ambassador for Bluebills encour-

aging fellow volunteers to join us and demonstrating by deed and example what we represent.

The final decision was that Janice is our "Volunteer of the Year" for 2012. She retired in 2003 and has volunteered over 7,000 hours since then working with the Busy B's making quilts and doll clothes, refurbishing dolls (especially Barbie dolls) and stuffed animals that are donated to several food banks each Christmas, knitting caps for newborn babies, and many other things. In addition, Janice volunteers her "spare" time at Valley Medical Center's gift shop. This lady is an excellent example of a volunteer.

Congratulations, Janice.

The dinner closed with the floral centerpieces being awarded to a lucky winner at each table. Howard thanked all for coming and for helping make this another great year for the Bluebills.

Submitted by Norma Vaughn



Heritage Chapter's 17th Annual Volunteer of the Year Dinner Photos



VOLUNTEER OPPORTUNITIES

Agency: Friend of Stan & Joan Cross Park
Address: PO Box 73366 Puyallup, WA 98373
Volunteer Coordinator: Pat Patterson
Telephone Number: 253-847-2957

This agency is looking for help for training and support. They need someone to help them develop a marketing plan, fund raising, social media, data entry and graphic design. The location for this is at their Fredrickson Fire Station at 176th St. and 22nd Ave where the group meets every third Monday of each month.

It would be great if one of our Bluebills has the skill and time to help them.

Agency: Easter Seals Washington
Address: 200 W. Mercer St. #210E Seattle, WA 98119
Volunteer Coordinator: Dena Adkins
Telephone Number: 206-281-5700 Ext. 107

This agency is looking for people to make and donate blankets or quilts for campers. Camp Stand By Me provides a fully accessible and inclusive camping and respite program for individuals with any disability ages seven to seventy. Sometimes the campers do not bring a sleeping bag and others need extra warmth during activities and campfires. Easter Seals of Washington would love to provide the personal touch of a warm homemade blanket or quilt for their campers in need. These blankets can be done at your time at your own place.

Hopefully, there are lots of Bluebills who like to sew and quilt and will be willing to help fill this need.

Agency: Puget Sound Blood Center Central Territory of Downtown Seattle
Address: 921 Terry Ave., Seattle, WA 98104
Volunteer Coordinator: Leeta Scott
Telephone Number: 206-233-3342 or 206-j206-422-2125

Many of our Bluebills are already volunteering out of the Tukwila agency and this volunteer coordinator is in the Central Territory of Downtown. Volunteers

are needed for registering blood donors and also for Donor Monitors which provide juice and cookies after a donation.

This is a very beneficial agency and hope those of you who live in Seattle can find the time to participate. You pick the time and place from a list of sites that the blood drives are happening.

BUSY B's BUSY B's BUSY B's

Another year comes to an end, lots of good stuff to talk about.

To start with I have to say what a blessing to see **Janice Hawes** at the meeting, ever so good to see her on her feet and able to walk, even if having to still use a cane, welcome back dear lady, you have been oh so missed big time.. Also congrats again on being the Volunteer of the Year finally getting to receive your award it's a real treasure.

Janice also did the drawing for the raffle quilt she also made herself it's beautiful and folks you won't believe this ...two of our members asked me to bring in tickets to sell to them at the office since they would not be at the meeting, and so naturally the winner was not there since it was one of those tickets that was the winner...**Yoshi Akers!**

Congrats Yoshi, know you will treasure it big time, it's such a beautiful piece of work. Speaking of the quilt, we brought in more with it than we have with any other quilt in all the times we have raffled one off when in dire need of money for batting usually this time we brought in a **WHOPPING** \$123 and I already used \$48 of it to buy white flannel for the backings for the cancer quilts Cancer Alliance. I could not have picked a better time to shop for it for 75% off. So thanks to all of you who took a chance on the beautiful quilt, you do now know part of what the dollars went for, the remaining \$75 will no doubt go for batting We surely do appreciate all the support from our members, we tip our hats to you all!

Speaking of thanks, more coming up, **Micki Brown** presented me with a bag of beautiful baby yarn for those who knit the new born caps. She has an "in"

with getting more down the line free even so that will be coming up later, yippee for that also.

Meri England brought in a Baby afghan and matching cap to go with it, beautiful in white, hand crocheted, also a bag of granny squares ready to be put into an afghan, so that's a project for the future, also I believe it was 17 new born caps she handed to Janice to take to a hospital.

Norma Tangelman's chapter group donated a bag of beanies so adorable, so now we have "*Seed*" for 2013.

Do you wonder how much 'stuff' we have given away this year? OK, here come the numbers. The grand total of all items donated this year and handed out to our five food banks (Highline, Federal Way Christmas House, Kent, Maple Valley, Renton) is **1288 items**.

We could have never have done it without many people, our main ones of course are donors and workers, so I would like to thank some who are at the front of the line on that note.

Busy B's Members: **Janice Hawes, Lana Mitsules, Yoshi Akers, Joyce Hassler, Lisa Nyreen, Jean Derheim, Bambi Lee**. Those who work behind the scenes, too many to mention but the two that stand out in my mind are **Estella Mead** and **Becky Preno-vost**. I am sure there are many more I should mention but so many, you all know who you are, and what all you do to help out, like there is a batch of knitters who make new born caps. **Thanks to all of you!**

We Busy B's wish you all *a most wonderful Christmas and HAPPY NEW YEAR*. We shall be back in action again come *January 15th*... ready to start all over again.

Hugs to everyone—Bambi



RAPCO

By Eileen Bear

Halloween Bag Packing

Halloween was a big success thanks to the work of the team that made up all the beautiful bags which so

many of you Bluebills filled. They were a big hit to all the children at Fred Hutch, at Children's Hospital, and with the folks at Nursing Homes and the shut-ins. Most importantly, -and greatly appreciated by all the recipients - were the decorations of the special bags that were made by a special team of

Pat Gilroy

Maybelle Brickley

Lonnie Stevenson

Mary Ulibarri

Plans for Christmas Project

Christmas will be even a bigger event – and with more merchandise to distribute – as now we will deliver toys, coats and stuffed animals to the children, as well as toys and candy to the nursing homes, which they all really enjoy.

The Bluebills always work hard at this, but just knowing that maybe we have made this season much brighter for many who would have had a not so happy holiday.

It's only as a team that this is possible. Only the Bluebill team can do this, as they have every year.

I think there is no more kind, caring and hard-working group, - and every year the Bluebill Team has made such a difference and brought joy to so many young and old.

Thank you and God bless you all.

My Christmas wish for you, our friends

Is not a simple one

For I wish you hope and joy and peace

Days filled with warmth and sun

I wish you love and friendship too

Throughout the coming year

Lots of laughter and happiness

To fill your world with cheer

May you count your blessings, one by one

And when totaled by the lot

May you find all you've been given

To be more than what you sought

CHRISTMAS STOCKINGS



Joyce Hassler, Jean Derheim and Karen Baker have completed decorating 76 Christmas stockings for this year. They sewed on hangers and added decorations completing work that had been started by Boeing employees.

These 76 will be added to 40 previously completed stockings for a total of 116 that will be distributed to food banks for Christmas

Submitted by Bill Baker

YOUR SOCIAL SECURITY STATEMENT IS A GIFT TO YOURSELF

By Kirk Larson

Social Security Western Washington Public Affairs Specialist

It's very likely that during the holiday season you've been spending a bit of time and money getting gifts for everyone on your shopping list. Why not take a moment and give yourself a holiday gift? We have a suggestion, and while it won't cost you a penny, it could be one of the best (and easiest) financial steps you ever take for your future.

Give yourself the gift of your own *Social Security Statement*. You can get yours online at www.socialsecurity.gov/mystatement.

The online *Social Security Statement* is simple, easy to use, and provides estimates you can use to plan for your retirement. It also provides estimates for disability and survivors benefits, making the *Statement* an important financial planning tool.

Your *Statement* also allows you to determine whether your earnings are accurately posted to your

Social Security records. This feature is important because Social Security benefits are based on average earnings over your lifetime.

To get a personalized online *Statement*, you must be age 18 or older and must be able to provide information about yourself that matches information already on file with Social Security. In addition, Social Security uses Experian, an external authentication service provider, for further verification. You must provide identifying information and answer security questions in order to pass this verification. Social Security will not share your Social Security number with Experian, but the identity check is an important part of this new, thorough verification process.

When your identity is verified, you can create a "My Social Security" account with a unique user name and password to access your online *Statement*. In addition, your online *Statement* includes links to information about other online Social Security services, such as applications for retirement, disability, and Medicare.

This holiday season, it's likely you'll be hearing some of your friends and family saying "you shouldn't have" as they receive their gifts from you. That's something very special. But be sure that you don't find yourself saying "I should have" when it comes to planning your own financial future. Get your online *Social Security Statement* and look it over. Do it again next year. It may be the best gift you can give to yourself in the end.

Your gift is waiting at www.socialsecurity.gov/mystatement.



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Food Bank Schedule For 2012/13

Bring a non-perishable food item to monthly meetings to be given to a different food bank each month.

December	Des Moines	Dave & Mary Frantz
January	Highline	Marian Herrin

Calendar of Events 2012/2013

Dec 13	Heritage Leadership Meeting
Dec 21	Christmas Potluck
Jan 10	Heritage Leadership Meeting
Jan 25	Chapter Monthly Meeting
Feb 14	Heritage Leadership Meeting
Feb 22	Chapter Monthly Meeting
Mar 14	Heritage Leadership Meeting
Mar 29	Chapter Monthly Meeting
Apr 11	Heritage Leadership Meeting
Apr 26	Chapter Monthly Meeting
May 16	Heritage Leadership Meeting
May 31	Chapter Monthly Meeting
Jun 13	Heritage Leadership Meeting
Jun 28	Chapter Monthly Meeting
Jul 11	Heritage Leadership Meeting
Jul 26	Chapter Monthly Meeting
Aug 15	Heritage Leadership Meeting
Aug ?	Chapter Picnic
Sep 12	Heritage Leadership Meeting
Sep 27	Chapter Monthly Meeting
Oct 10	Heritage Leadership Meeting
Oct 25	Chapter Monthly Meeting
Nov 14	Heritage Leadership Meeting
Nov 22	Chapter Monthly Meeting
Dec 12	Heritage Leadership Meeting
Dec 20	Chapter Monthly Meeting

Bluebills Heritage Chapter Monthly Meeting



Downtown Harley-Davidson
3715 East Valley Road
Renton, WA



December 21, 2012

Social: 10:00 to 10:30 AM Meeting starts at
10:30 AM

Speaker: None

Topic: *"Christmas Potluck"*

Bring a non-perishable food item to monthly meetings to be given to a different food bank each month

Please Note:

The Bluebills monthly meetings are held at the Downtown Harley-Davidson building at 3715 East Valley Road, Renton, WA. The door on the North side of the building is opened at **10:00 AM** sharp. Please enter the building only on the north side. We meet on the 2nd floor — there is an elevator on the right as you enter. The Social hour begins at that time. **PLEASE DO NOT ENTER BUILDING PRIOR TO 10:00 AM.**

Bluebills Monthly Volunteer Hours

Volunteer Name _____

Phone Number _____

_____ Hours worked _____ For _____
(month/year) (agency name)

_____ Hours worked _____ For _____
(month/year) (agency name)

_____ Hours worked _____ For _____
(month/year) (agency name)

Please send completed hours form to Bluebills, PO Box 3707 2T-04, Seattle, WA 98124
Email to bluebills@boeing.com or bring to Bluebills monthly meeting



From the north take Highway 167 south to the SW 43rd St exit, turn right on SW 43rd St to the E Valley Rd and turn Right, go north to Downtown Harley- Davidson. From the south go north on Highway 167 take the SW 43rd St exit and turn left back over the freeway to the E Valley Rd and turn Right, Go north to Downtown Harley-Davidson. The meeting is in the Davidson building, 2nd floor. Signs are posted directing you to the meeting room.

