



The Heritage

Heritage Chapter Bluebills
Boeing Retiree Volunteer Newsletter

February 2017

WWW.BLUEBILLS.ORG

VOLUME 23 ISSUE 02

Chairman's Corner

By Lonnie Stevenson



Happy New-year Everyone.

Sorry for lack of words of wisdom at this time.

I am in survival mode. Eventually, they will figure out what to do for me.

I am truly thankful for my awesome vice chairmen, Doug, Don, Orchy who are filling in and doing the heavy lifting for me.

Keep volunteering, it's what keeps us young at heart.

Count your blessings every day.

Live every moment for today, because you never know what tomorrow will bring.

Give someone a smile. Choose to have a positive attitude.

Hope to see you at the next meeting, February 24th.

Sincerely,

Lonnie



Happy Valentines Day



CRAZY-FRANKENTYEN.COM

Read Across America Project

By Lonnie Stevenson



A huge Thank you to Bluebills who signed up to volunteer on **Monday February 27th** to fill goody bags for children in support of **The Read Across America project.**

RAA is a National Education Association program which began in 1998. It is held on or around March 2nd to coincide with the birthday of Dr. Seuss.

In Washington a group has been active since it's inception. Many events have been staged including big literacy concerts, for which BB are helping with this year.

This year invitations are sent to students who would otherwise not have access to 'an evening at the theatre' to come to Town Hall in Seattle. Kindergarten through third grade kids and their families will be treated to a performance that will last about an hour and that will celebrate reading and literacy.

Following the program, the goody bags will be given out to the children.



Busy B's

by Janice Hawes

The Busy B's reconvened last week and we are all busy making quilts to replenish our empty cabinets. We still meet on Tuesdays and Thursdays, 3 weeks out of the month. We are always looking for new quilters or people who like to sew. A few of us had never made quilts before joining the Busy B's but the experienced ladies taught us a lot and here we are producing quilts for several organizations as well as other projects like the medical dolls for Children's Hospital. If anyone is interested, please give me a call. 425 228-3384.

Eleanor suggested a change in our efforts to support the various food banks. Instead of bringing food items, members would make monetary donations. That way the food banks personnel could purchase needed items and balance out the variety of goods. Either way, your participation is very much appreciated.

Fran Parker asked for volunteers to help with the *Read Across America* project of stuffing 600 bags with books on February 27 at the Bluebills office in South Park. Thanks to all who signed up.

Jim Beasley then introduced the speaker Missy Anderson, a Mason Bee advocate. Missy is a speaker for the Arboretum Society and on various garden club district directories. She is also a trainer for King County Master Gardeners and annually speaks to the Master Gardener class at UW. She has spoken at numerous nurseries in the Seattle area, plus garden clubs, park and recreation sites, libraries, and private neighborhood groups.



Using a great PowerPoint presentation and gentle humor, Missy proceeded to fill us in on mason bees, their benefits in nature and the finer points of



January Chapter Meeting Recap

By Mary Ulibarri

Vice Chairman Doug Hoople stepped in for Chairman Lonnie Stevenson and called the meeting to order with the Pledge of Allegiance. Attendees with January birthdays were Eleanor Skinner, Jim Bunt, Arlene Addington and there was one anniversary – Howard and Jean Syder.

raising them. She pointed out the concerns over the environmental impacts of pollinator decline, giving rise to focused conservation efforts to protect, enhance, and foster agricultural pollination through beekeeping.



Keeping native non-stinging mason bees - even in urban spaces - is a surprisingly easy way to help the environment, and it's also an inexpensive and educational project for the whole family. The best news is that these hyper-efficient air pollinators will do wonders for your fruit crops and gardens.

In North America there are about 140 different mason bee species - with about 200 species worldwide. In the Pacific Northwest, the most common species is the orchard mason bee or blue orchard bee. Known for being great pollinators, orchard bees look very similar to common houseflies - with black bodies and a dark blue iridescent sheen.

Unlike garden-variety honeybees, mason bees are non-social creatures that nest in holes rather than in a hive with a queen. Orchard bees work alone, but like to nest in groups when possible. They get their name from the way that the females protect their eggs. They'll form an egg chamber in the deepest part of their hole and seal it with mud, repeating the process until the hole is full of eggs.

Known for being solitary hard workers, orchard bees only live for about 8-10 weeks in the spring, typically from mid March until the end of May or early June (the best season for pollinating fruit trees and berries). The bees will then hibernate for about 10 months and later emerge with great energy for more pollination duty.

Missy went through six tips for hosting mason bees:

1. Don't be afraid of these bees. The male has no stinger and the females are non-aggressive because there is no queen.
2. Bees need pollen. If there is not enough pollen in your yard, they will fly away. These bees will fly within a radius of about 300 feet

and are attracted to fruit trees as well as many flowering plants.

3. Bees need a dry, warm site for the nesting box. A south or east facing wall or post is best.
4. Bees need mud. Mud is used to build walls between the cells and seal the hole. Open ground, not covered with grass or beauty bark is good or if necessary, dig a 12" hole and line it with some clay.
5. Choose nesting material. There are many types of nesting materials from premade pull-apart wood blocks to plastic straws and homemade paper tubes. However, the wood pull-apart blocks work best.
6. Have fun observing your bees. Notice the pollen on the female returning to the nest or you may notice her carrying mud. She will back into the hole to lay an egg. Finding a mud plug at the front opening means she is moving on to another hole.

For more information or to rent a pull-apart wood nesting block loaded with bees in the spring, go to the website: www.rentmasonbees.com. Renters will be required to pick up and return all bee items on schedule. Upon return, Missy will care for and store the bees over the following ten months of development and hibernation. Reservations begin in October and include the option to "give bees for Christmas."

After a number of questions from the audience, Doug held the door prize drawing and adjourned the meeting.

**You can get your current monthly
"NEWSLETTER in COLOR" at**

**[http://www.bluebills.org/
heritagenewsletters.html](http://www.bluebills.org/heritagenewsletters.html)**

**Back issues are available there also,
in the Archives.**

Reminder**Report your Volunteer Hours****By****Email: Bluebills@boeing.com****Or****Phone: 206-544-6286****Or****Mail: To Address on Form****Or****Bring Completed Reporting Form to the
Monthly Meeting**

previous year so people know how much Social Security income to report to the IRS on their tax return. It will also show any voluntary federal income taxes you had withheld from your Social Security payments. Some people have to pay federal income taxes on their Social Security benefits. This usually happens only if you have other substantial income (such as wages, self-employment, interest, dividends and other taxable income that must be reported on your tax return) in addition to your benefits. To learn more about benefit taxation, go to www.ssa.gov/planners/taxes.

For noncitizens who live outside of the United States and received or repaid Social Security benefits last year, we'll send form SSA-1042S instead. The forms SSA-1099 and SSA-1042S are not available for people who receive Supplemental Security Income (SSI).

If you currently live in the United States and need a replacement form SSA-1099, we have a way for you to get a replacement quickly and easily. Go online and request a replacement form with a *my Social Security* account at www.socialsecurity.gov/myaccount. Online replacement forms are available beginning February 1, 2017.

Every working person in the U.S. should create a *my Social Security* account. The secure and personalized features of *my Social Security* are invaluable in securing a comfortable retirement — for today and tomorrow.

Speaker for February Chapter Meeting

By Jim Beasley

The speaker for the February heritage Chapter meeting is Kate Fewel of Sight Connection, who will be speaking on “Problems and Solutions for Mature Citizens.”

Sight Connections helps thousands of people with vision loss remain active and independent citizens.

Get Replacement Social Security Tax Forms Online with Ease

*By Kirk Larson
Social Security Western Washington Public Affairs Specialist*

It's that time of year again. Preparing for tax season can seem overwhelming. Some forms and paperwork might be difficult to track down. If you misplaced your Benefits Statement or haven't received it by the end of January, we've made it easy for you to go online to request a replacement with *my Social Security*.

An SSA-1099 is a tax form Social Security mails each year in January to the more than 60 million people who receive Social Security benefits. It shows the total amount of benefits received from Social Security in the

Heritage Chapter is Seeking Retirees or their Spouses who would be willing to fill vacancies for Chapter Committees

Several chapter committee positions are currently open for:

- Retiree Assistance
- Volunteer Coordinator
- Education
- Special Projects

If you or someone you know would like to become active in the Heritage Chapter and have an interest in one of these positions please contact Norma Vaughn, abbyrose00@msn.com or Lonnie Stevenson, icebear01@comcast.net for further information.

UNTHSC study looks at whether exercise can prevent or delay memory loss

BY: JEFF CARLTON

Alzheimer's disease experts at UNT Health Science Center are part of a new study that could help determine whether physicians can one day write a prescription for exercise as a way to prevent or delay memory problems.

The Health Science Center, in partnership with the YMCA of Metropolitan Fort Worth, is the only site in Texas and one of about a dozen nationally participating in the EXERT study. This national, 18-month-long clinical trial is testing whether exercise can slow the progression of early Alzheimer's disease-related memory problems or mild cognitive impairment in adults 65 and older.

"We've known for a long time that physical activity can affect brain performance," said Sid O'Bryant, PhD, Professor, Center for Alzheimer's and Neurodegenerative Disease Research at

UNTHSC. "What we're trying to nail down is whether there's a magic dose of exercise that would be most effective."

More than 5 million Americans are living with Alzheimer's, a figure that is expected to triple in the next 30 years, according to the U.S. Centers for Disease Control and Prevention. It's the sixth-leading cause of death in the United States, and the only one among the top nine that can't be cured, prevented or effectively slowed.

The Food and Drug Administration has approved just four medications for Alzheimer's disease since 2000. All four treat the symptoms of the disease but do not address its basic underlying biology.

"Imagine if your doctor could write you a prescription for exercise that would help prevent memory problems," Dr. O'Bryant said. "That's what we're aiming at."

Adults between the ages of 65 and 89 and with a diagnosis of mild cognitive impairment (MCI) are eligible for the study. They must otherwise be in good health, but not already be exercising regularly.

Those who don't have an MCI diagnosis but do have mild memory loss may be eligible for a different research project known as the Health and Aging Brain Study that examines biological and lifestyle factors that influence memory and thinking.

EXERT study participants receive a free 18-month membership to the YMCA, along with a year of free personal training. Roughly half of the participants will start an aerobic exercise program, and the other half will undergo a regimen of balance and stretching exercises, all under the supervision of a YMCA personal trainer.

"The YMCA has long promoted the value of exercise to the community," said Lindsy Smith, Vice President, Community Wellness & Health Innovation at YMCA of Metropolitan Fort Worth. "We look forward to showing that the right amount of exercise can play a critical role in the prevention of chronic disease."

Calendar of Events 2017

Jan 12	Heritage Leadership Meeting
Jan 27	Chapter Monthly Meeting
Feb 16	Heritage Leadership Meeting
Feb 24	Chapter Monthly Meeting
Mar 16	Heritage Leadership Meeting
Mar 31	Chapter Monthly Meeting
Apr 13	Heritage Leadership Meeting
Apr 28	Chapter Monthly Meeting (Potluck)
May 11	Heritage Leadership Meeting
May 26	Chapter Monthly Meeting
Jun 15	Heritage Leadership Meeting
Jun 30	Chapter Monthly Meeting
Jul 13	Heritage Leadership Meeting
Jul 28	Chapter Monthly Meeting
Aug 10	Heritage Leadership Meeting
Aug 25	Heritage Chapter Picnic (TBD)
Sep 14	Heritage Leadership Meeting
Sep 29	Chapter Monthly Meeting (Craft Fair)
Oct 12	Heritage Leadership Meeting
Oct (TBD)	Chapter Honors Luncheon
Oct 27	Chapter Monthly Meeting
Nov 16	Heritage Leadership Meeting
Nov 17	Chapter Monthly Meeting
Dec 14	Heritage Leadership Meeting
Dec 15	Chapter Monthly Meeting

Food Bank Schedule For 2017

Cash donations collected at each monthly meeting to be given to a different food bank each month.

January	Highline	Marian Herrin
February	Bellevue	Doug Hoople
March	Federal Way	Jim & Bambi Lee
April	Maple Valley	Vaughn's
May	Kent	Bob Stubbs
June	Auburn	Lonnie Stevenson
July	West Seattle	Marian Herrin
August	Tacoma	Ted & Judy Leyden
September	Renton	Eleanor Skinner
October	White Center	Heinz Gehlhaar
November	Issaquah	Eleanor Skinner
December	Des Moines	Open

Bluebills - Heritage Chapter

PO Box 3707 M/C 2T-04

Seattle, WA 98124

(206) 544-6286

e-mail: bluebills@boeing.com

Web Site: www.bluebills.org

Lonnie Stevenson	Chairman icebear01@comcast.net
Doug Hoople	Vice Chairman ddhoople@earthlink.net
Don Hilt	Vice Chairman dphilt@aol.com
Jim Orchekowsky	Vice Chairman mjorchy@icloud.com
Jim Lee	Agency Relations jimtle@comcast.net
Norma Vaughn	Office Manager abbyrose00@MSN.com
(Open)	Retiree Assistance bluebills@boeing.com
(Open)	Volunteer Coordinator bluebills@boeing.com
(Open)	Education bgupta6228@comcast.net
Marcia Phelps	Historian mlp14331@hotmail.com
Ron Hanson	Computers hansonis@aol.com
Dick Beham	Newsletter—Webmaster rsqdnrcr@foxinternet.com
Janice Hawes	Busy B's j.s.hawes@comcast.net
Jim Beasley	Speaker Coordinator jimcarlab@hotmail.com
Fran Parker	School Supplies for Children parker33@q.com
Mary Ulibarri	Newsletter co-editor bbbeditor@live.com
(Open)	Special Projects

Bluebills Heritage Chapter Meeting

February 24, 2017

10:00 AM Social—10:30 AM to 12:00 Noon Meeting

Speaker: Kate Fewel, Sight Connection

Subject: "Problems & Solutions for Mature Citizens"



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 VFW Post 1263, 416 Burnett Ave South, Renton, WA. Parking is available in the lot immediately across the street from the VFW.

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

Bluebills Heritage Chapter Meeting Directions

From the north take 405 S Bronson Way. Keep right and continue on S 2nd St. to Williams Ave S. Turn left onto Williams Ave S and turn right onto 5th St. Go one block and turn right onto Burnett Ave S. Go north to S Grady Way. Turn right on S Grady Way to Talbot Rd (3rd light) turn left on Talbot Rd. One block turn right on 7th St and then left on Burnett Ave S. Continue three blocks to VFW.

From the south go north on Highway 405 to Exit 2 Hwy 167 Rainier Ave S. Go north to S Grady Way. Turn right on S Grady Way to Talbot Rd (3rd light) turn left on Talbot Rd. One block turn right on 7th St and then left on Burnett Ave S. Continue three blocks to VFW.

