



The Heritage

Heritage Chapter Bluebills
Boeing Retiree Volunteer Newsletter

February 2018

WWW.BLUEBILLS.ORG

VOLUME 24 ISSUE 2

Chairman's Corner

By Richard Vaughn



I last served as your chairman in 2011 and we had a pretty good year, as I remember. I hope we can do even better this year. We have lost a lot of good members since 2011 and volunteer hours have decreased dramatically but at the same time we have gained new members who can become just as involved. I know that a lot of our members are getting tired and continue to volunteer. As I stated before, volunteering keeps us busy, healthy and feeling needed. We will live a longer and happier life when we are busy.

Heritage Chapter is now starting out this new year and we are looking for help and support from all Bluebills. Your committee leaders and officers are busy scheduling events and opportunities for the coming year. We also have several committee positions open that need to be filled soon. If you are willing to become more involved or if you have any suggestions or comments to help make things more interesting and eventful, please let us know. Call the office at 206-544-6286 and leave a message. You may also e-mail me at rhvaughn32@msn.com. I will get back to you as soon as possible. Volunteering is not only helping those in need in the community, it's a way to help you feel younger and more useful. Put our meeting dates on your calendars and then come to them. You will enjoy this time with your fellow Bluebills.

As you know, February is the month when you stop a moment and tell your friends and loved ones how much they mean to you. Valentine's Day is letting people know how much they are loved and appreciated.

With that said; I wish all of you a wonderful and Happy Valentine's Day.

Volunteer Opportunity

Heritage Chapter urgently needs a Bluebill volunteer to fill the following position:

Volunteer Coordinator

The Volunteer Coordinator is responsible for using the Bluebills database to find Bluebills who will fill incoming requests for volunteers. Those whose names are selected to receive information on these volunteer opportunities are taken from the files according to their interests, skills, and the location of the need. After notification has gone out to the members, the agency is contacted asking for a "follow-up". This is an important position and if you are interested other Bluebills working in the office will give you help and support.

Busy B's



by Janice Hawes

We are back at work, ready to fill our cabinet with quilts. We still have a couple of Busy B's on the disabled list and really miss them. We would love to have new members join us. It's fun, relaxing (most of the time unless you hit a

snag on putting quilt pieces together!) and makes a lot of people happy with the end products.

That's it for this month's column. See you next month with more news I hope.

USO Happenings

By Lonnie Stevenson

Here's my attempt to tell an awesome story of a guest and wife to our USO SeaTac Center last week.



San Diego residents, Jack Paris and his wife Jean dropped into our beautiful USO at SeaTac to wait for their son to pick them up.

He was wearing a USS Colorado cap and had been visiting Seattle for an event at UW.

So of course we jumped on the opportunity to hear his numerous stories from back in the day, and to tell him about our USS Colorado teak decking donated to us by the Boeing Co.

Check out the link below:

<https://www.youtube.com/watch?v=xgURv8uzDrY>



He was thrilled to walk on it one more time.

Don Leingang, our director, gave him a souvenir piece of the wood decking with an info plaque imbedded.

The veterans who attended the

USS Colorado Reunion in 2014 also received these souvenir decking plaques when they came to a ceremony held just outside our new USO to-be.

This WWII veteran served as a Radar Operator on the USS Colorado from 1944 to surrender Sept 02 1945.

He got assigned to the ship in 1944 in Hawaii following his arrival there from San Diego boot camp.

The commander of the ship asked how old he was, to which Paris replied 18. (he had just had a birthday).

The ship commander said, "Looks like you have a strong back", . . . so he said he ended up feeding big shells to the guns for 8 months.

The event at UW was called the **Ceremonial Passing of Haggett Hall Teakwood.**

Haggett Hall teakwood will now be incorporated into the new USS Colorado, a nuclear submarine, scheduled for launch sometime in March 2018.



Is it said that this teak decking is where the commander of the new sub will stand.

What an honor to host this gentleman and his wife, and hear their stories.



January Chapter Meeting Recap

By Mary Ulibarri



Chairman Richard Vaughn led the attendees in the Pledge of Allegiance. There were four attendees with January birthdays: Arlene Addington, Jim Bunt, Eleanor Skinner, Melinda Stubbs and two anniversaries: the Durbins (55 years) and the Syders (58 years).

Richard reminded folks that there are still several positions available in the Heritage Chapter: Retiree Assistance, Volunteer Coordinator, and Education. Plus, if anyone is interested in helping out in the Bluebills office in Southpark, bldg. 15-35, contact him or Norma for more information.

He also mentioned 400 judges are needed for the Washington State Science and Engineering Fair to be held March 23-24 at the Bremerton High School, 1500 13th St., Bremerton, WA. It is an annual event where students in grades 1-12 can share their ideas in science and engineering. The fair features a diverse assortment of student-made exhibits and projects as well as various hands-on activities and a Science Film Fest. The WSSEF closes out with an awards ceremony, with prizes awarded in multiple categories including Animal Sciences, Chemistry, Materials Sciences, Microbiology and Robotics. For more information and to sign up, go to: <https://www.everfest.com/e/washington-state-science-and-engineering-fair-bremerton-wa>

Heinz Gehlhaar has been trying to line up drivers to help members get to appointments and so far has had zero response. Please contact him if you are willing and able to help in this regard. You may call the Bluebills office at 206-544-6286 to leave a message.

He also reminded folks again to be very careful about opening emails from unknown and/or suspicious addresses. There are bad people masquerading as the IRS looking for your personal information. Howard Syder added he received a similar phony email from Xfinity. Beware!

Jim Beasley then introduced the guest speaker Jessica McDougall, Research Coordinator, University of Washington Alzheimer's Disease Research Center (ADRC), at Harborview Medical Center.



Jessica joined the UW ADRC as Research Coordinator in the spring of 2017 after 20-plus years working as a Case Manager and Family Caregiver Specialist supporting individuals with Alzheimer's disease and other memory and cognitive impairments, chronic conditions, long-term physical disabilities and their caregivers/care partners. In addition, in that

position, she provided community outreach and dementia education.

Jessica's presentation was detailed and very informative and resulted in many questions from the audience. The UW ADRC, located at Harborview Medical Center, has been committed to helping advance Alzheimer's research for over thirty years. They are one of 31 ADRCs in the U.S. funded by the National Institute on Aging to study Alzheimer's disease and other dementias and treat and ultimately prevent this condition.

The Center partners with the neurologists, neuropsychologists, and educators of the UW Memory and Brain Wellness Center to provide clinical care and resources to people living with memory loss and their families, foster dementia-inclusive communities and programs, and make Washington State a place where everyone belongs.

ADRC researchers focus on a precision medicine approach to Alzheimer's disease. This means that they seek to advance research in genetic risk, develop neuroimaging markers and biomarkers for preclinical detection and discover novel therapeutics that can be tailored to address the underlying molecular causes of an individual's disease. Their basic science and clinical studies strive toward precision medicine strategies that improve the care, functioning and quality of life of both patients and caregivers.

Statistics on Alzheimer's disease:

- Currently, AD affects approximately 4-5 Americans and soon 14 million Americans and 50-60 million individuals worldwide, mostly in developed countries, will have AD.
- It has been predicted that by 2050 approximately 25% of people alive will be over the age of 65 years and one-third of them will suffer from AD.
- Data suggest that 7.1% of all deaths in the U.S. in 1995 are attributable to AD, placing it on a par with cerebrovascular diseases (strokes) as the third leading cause of death.
- AD is more common in men than women.
- AD is greater for the white population than for the black population.
- There was an average 13-fold increase in number of deaths from AD between 1979 and 1987.
- About 5% to 10% of cases have a family association, suggesting involvement of genetics or education, the remainder are sporadic cases with no family tendencies.
- Annually, an estimated \$80 to \$100 billion dollars are spent on health care expenses or lost in wages for the persons with Alzheimer's disease or their caregivers.

Website: <http://depts.washington.edu/mbwc/adrc/>

Phone: 206-744-0588 or 855-744-0588 (toll- free)

Resources for living with memory loss: Visit UW Memory and Brain Wellness Center at <http://depts.washington.edu/mbwc/>

King County Caregiver Support

Network: <http://www.kccaregiver.org/>

Phone: 844-348-5464 (King County)

Upon the conclusion of Jessica's presentation, Jim provided her with the recently published book on the history of The Boeing Company. And Richard con-

cluded the meeting with the door-prize drawing.

Speaker for February Chapter Meeting

By Jim Beasley



Bill Steele Director of Outreach & Information Services Pacific Northwest Seismic Center who will speak about Seismic Monitoring and Earth-

quake Forecasting.

To monitor earthquake and volcanic activity across the Pacific Northwest, the [University of Washington](#) and the [University of Oregon](#) cooperatively operate the Pacific Northwest Seismic Network (PNSN). The PNSN is sponsored by the [U.S. Geological Survey](#) (USGS), the [U.S. Department of Energy](#), the [State of Washington](#), and the [State of Oregon](#). Beginning in 1969 with five seismometers, the PNSN has grown to more than 300 seismograph stations distributed across the region and become the second largest seismic network in the United States. The PNSN is an organization dedicated to reducing impacts of earthquakes and volcanic eruptions in the states of Washington and Oregon by providing accurate and fast information about earthquakes and ground motions to scientists, engineers, planners, and the public. Our headquarters is at the [Department of Earth and Space Sciences](#) at the University of Washington.

On Jan 2, 2018, a crew from the PNSN installed three temporary seismic stations near the active landslide at Union Gap, just south of Yakima. Data from these stations are being telemetered to the PNSN and will be made available in raw form to specialists in landslide seismology. Filtered and decimated seismograms, spectrograms and **Realtime Seismic Amplitude Monitor** (RSAM) plots are being made available to anyone via the web.

New Study Shows More Links Between Diet and Brain Health

Improving nutrition even slightly can have a positive effect

by Kathleen Fifield, [AARP](#), July 17, 2017

An important new study released in London conclusively links [diet and Alzheimer's disease](#), providing even more evidence that you can protect your brain by watching what you eat.

At the recent Alzheimer Association's International Conference in the U.K., researchers revealed that following either a heart-healthy Mediterranean diet or its close cousin, the [MIND diet](#) (see details below), can reduce future cognitive impairment by up to 35 percent.

Although earlier studies had linked [heart-healthy diets](#) to better cognitive function, today's study, by researchers at the University of California, San Francisco, is important for having the size (6,000 adults who participated in the Health and Retirement survey) and type of subjects (cognitively healthy at the start) to conclusively link diet and [Alzheimer's](#) and "make the results quite generalizable to a broader group," says lead researcher Claire McEvoy.

And while the two diets studied vary slightly — the main difference stems from MIND's bigger emphasis on leafy green vegetables and its restriction on [all fruit but berries](#) — McEvoy says focusing on particular foods is not the point. "The diets as a whole seem to have the greatest benefit. Foods and nutrients seem to work together to provide the benefits." As for how healthy choices like spinach and blueberry salads work their brain-saving magic, ideas vary. "It could be that they reduce inflammation, which has been strongly implicated with cognitive decline," McEvoy says. Or, she adds, the diets' power could be related to "the profound positive effect that a high-quality diet has on the vascular system," which in turn affects brain health.

But while science shows that the diets work as a whole, the benefits of decisions like choosing [whole grains](#) over processed flour or cooking with olive oil aren't all or nothing. The study's results, says Maria Carrillo, chief science officer at the Alzheimer's As-

sociation, show the positive effects of improving nutrition even a bit. "Of course, you get the biggest result if you follow the diet completely, but even little changes can have a significant impact."

The MIND Diet

1. Whole grains: Eat at least three servings a day of things like whole wheat, oats and brown rice. And consider the MIND diet your license to eat carbs — of a certain stripe. Processed white flour is a no-no, and sweets and pastries are pretty much verboten.
2. Leafy green vegetables: The MIND diet kicks the veggie requirement up a notch from the [Mediterranean plan](#), recommending a salad plus one other vegetable every day.
3. Wine: You get a glass a day, though you are instructed to consume your Pinot only with dinner.
4. Nuts: Your [go-to snack](#). Opt for about a handful of unsalted almonds, hazelnuts or walnuts, varieties that McEvoy notes are especially high in fiber, vitamins and the omega-3 fatty acids that some have hypothesized fight the inflammation that may compromise brain health.
5. Fish: You should eat [omega-3-rich catch](#) once a week, or possibly more. The results of a separate Nordic diet, also released at the Alzheimer's Association conference today, indicate even greater cognitive protection from a diet especially rich in fish like salmon.
6. Berries: As with chicken, you should shoot for two servings a week; blueberries in particular are strongly recommended. "They're high in a particular polyphenol [an antioxidant] that's been linked to a reduced risk of Alzheimer's in cardiovascular literature," says McEvoy.
7. Olive oil: As with the Mediterranean diet, olive oil is the approved fat. In fact, you're supposed to use less than a tablespoon of butter or margarine a day.
8. Cheese: The MIND diet has been called a wine-and-no-cheese party, since, unlike its Mediterranean counterpart, it goes very light on Swiss and cheddar. Whole-fat cheese shares a spot on the "unhealthy" list, along with fried or fast food and sweets. You are also allowed less than a serving a week of red meat.
9. Beans: Whether you go for kidney, chickpea or lima, the advice is to eat them every other day.

Calendar of Events 2018

Jan 11	Heritage Leadership Meeting
Jan 26	Chapter Monthly Meeting
Feb 15	Heritage Leadership Meeting
Feb 23	Chapter Monthly Meeting
Mar 15	Heritage Leadership Meeting
Mar 30	Chapter Monthly Meeting
Apr 12	Heritage Leadership Meeting
Apr 27	Chapter Monthly Meeting (Potluck)
May 10	Heritage Leadership Meeting
May 25	Chapter Monthly Meeting
Jun 14	Heritage Leadership Meeting
Jun 29	Chapter Monthly Meeting
Jul 12	Heritage Leadership Meeting
Jul 27	Chapter Monthly Meeting
Aug 16	Heritage Leadership Meeting
Aug (TBD)	Heritage Chapter Picnic
Sep 13	Heritage Leadership Meeting
Sept 28	Chapter Monthly Meeting
Oct 11	Heritage Leadership Meeting
Oct 26	Chapter Monthly Meeting
Oct/Nov (TBD)	Chapter Honors Luncheon
Nov 15	Heritage Leadership Meeting
Nov 30	Chapter Monthly Meeting
Dec 13	Heritage Leadership Meeting
Dec 21	Chapter Monthly Meeting (Potluck)

Food Bank Schedule For 2018

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	Martha Battles
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	Jim Orhekowsky

Bluebills - Heritage Chapter

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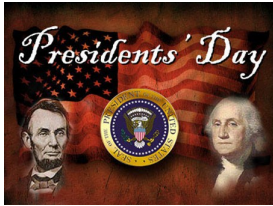
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Bluebills Heritage Chapter Meeting



February 23, 2018



10:00 AM Social—10:30 AM to 12:00

Noon Meeting

Speaker: Bill Steele, Director of Outreach & Information Services
Pacific Northwest Seismic Center

Subject: Seismic Monitoring and Earthquake Forecasting.

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 and turn right onto 5th St. Go one block and turn right onto Burnett Ave S 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 left on Talbot Rd. Then turn right on 7th St and then left on Burnett Ave S. Continue three blocks to VFW.

