



The Heritage

Heritage Chapter Bluebills
Boeing Retiree Volunteer Newsletter

January 2013

WWW.BLUEBILLS.ORG

VOLUME 19 ISSUE 01

Chairman's Corner

This will be my last Chairman's Corner as I hand over to our new Chairman in 2013 when we have all our election results tallied.

I have enjoyed being your Chairman for the past year and hope that all our Heritage members have enjoyed participating as well.

Christmas and the Holiday season are now over for 2012 so I hope we can look forward to a happy and prosperous year ahead. This is all supposing our congress can sort out what needs to be done to avoid the so called Fiscal Cliff.

I would like to thank everyone who has supported me during the past year, my Vice Chairs, Jim Orchekowsky and Adrian Lawler, all the Committee Chairs and especially Jim Beasley who has done a fantastic job to provide interesting and meaningful speakers for our meetings through out the year. There are many others who have contributed and I thank them all.

I hope all of you had a very Merry Christmas and a Happy New Year.

In January we will move to our new office location just across from where we are now. It will be a little smaller but we did retain our conference room and storage for the Busy Bees to work their magic efficiently.

I would also like to thank Dick Beham and Micki Brown for publishing a great Heritage Chapter Newsletter every month.

I wish our new Chairman all the success for the coming year and I will help to make the transition as seamless as possible.

See you all at the January Meeting.

Howard



Recap

Chapter Meeting December 21st

By Micki Brown

What a wonderful meeting! It's Friday, December 21st, the first day of Winter, and the Bluebills meeting began with the Pledge of Allegiance. Jim Peterson has proudly led us with the Pledge for many gatherings, acknowledging our patriotism to our wonderful country and all it stands for ... thanks Jim!

A big thank you to Adrian Lawler who created a beautiful Christmas banner, complete with a



three-D scarf and snowflakes that were displayed at the front of the conference room during the meeting and it only

took him two weeks – thanks Adrian!

There were quite a few packages for the door prize drawing and it took us quite a while to enjoy the fun of pulling tickets and selecting our treasures ... thanks to all who contributed!

Eleanor Skinner thanked everyone who, month after month, brings donations for the food banks the Chapter supports. Also a big thank you (and a round of applause!) to the team that delivers these items to the different food banks: Marian Herrin, Doug Hoople,

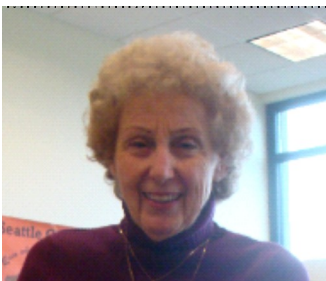
Jim and Bambi Lee, Richard and Norma Vaughn, Bob Stubbs, Lonnie Stevenson, Ted and Judy Leyden, Bob Lambert, Heinz and Eileen Bear, Dave and Mary Frantz and of course, Eleanor as well.

Although no speaker was planned, Jim Beasley had asked Bill and Vicki Lee to share their experience as Red Cross volunteers with Hurricane Sandy. Howard introduced them and Bill made a very interesting presentation showing not only the devastation, which we all saw in the media, but went behind the scenes and gave us a perspective of what and how the volunteers aided the effort. Speaking for our Chapter, it's easy



to say we are humbled by your support as Red Cross volunteers. (Ed. Note: Their slide presentation will be posted on the website at a later date. Make sure and look for it; the information and photos are pretty incredible.)

Eileen Bear announced the completion of our distribution for Christmas to Fred Hutchinson's, Children's Hospital and the Child Haven projects and thanked everyone who made it possible. From the collection of items through the decoration of the sacks (260 this year), the selection of types of candies (or not) and items that fill each sack. Howard thanked Eileen and The RAP group who manages to make the deliveries go like clockwork year after year.



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We'd like to take a moment to thank Jim Beasley for all of his work in providing such an excellent array of speaker. They have been informative topics and are not only timely, but included information that is relative to our lives in today's ever changing society. Thanks Jim!



Howard acknowledged the slideshow prepared by Micki Brown. It captured quite a few of the events of 2012 and shows off the talents of a lot of our members. (Ed. Note: The slideshow will be posted on the The Heritage website at a later date. If you're working on a project, take your camera! Then make sure and get send them to BBBeditor@live.com – we'd like to feature them in 2013's slide show – thanks!).

The potluck was a wonderfully filling event and we all enjoyed the many contributions brought by the Chapter members. Enjoy the rest of this article as it features a lot of the folks who were present – a lot of who were dressed in their holiday finest!

We wish you all a very Merry Christmas and a very safe and Happy New Year in 2013!



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

My, oh my, where has this year gone anyway? I mean it did more than double time. Seems each year goes by faster and faster. The children have children of their own, then the grandchildren have their own children. All I can say is "Thank God we are living and able to enjoy them as we do". Guess that's not quilting talk is it? Just makes you think how fast time is moving, but in that time we have accomplished oh so much in our little group, I am EVER so PROUD of.

Jance remains "QUEEN" of time worked for Busy B's, she put in 830.5 hrs (last numbers I saw at least) for 2012.

Jean comes in second with 382 hrs and Yoshi close behind with 376. hrs so I say KUDOS to you ladies, and as for the rest, of 'us' we all did contribute. It takes many to accomplish what we have done in a years time. I won't repeat it, as I mentioned all that information in our last newsletter article. Much of that is time worked at home. Thanks, ladies !

I foresee many changes coming in 2013, as time marches on and on and on.. We can only wonder how long we will be able to stay where we are now. God willing, we won't have to move for a very long while, even if the office folks had to move to smaller quar-

(Continued on page 3)

ters. So much to be thankful for as well.

Again, I want to thank all who helped the Busy B's during this past year, with donations, working on caps, and many other items. All you did was very much appreciated.

And our reason for being together is all for the same reason, to help those who need it the most.

I am sure I have forgotten many things I meant to say in this article, but there's nothing much to say about the Busy B's as we are still on vacation for awhile longer yet.

We are enjoying our family life like many of you are, preparing for Christmas in our own ways.

I figured up the other day I have been chairing this group for 15 years now. Folks, that's a long time, especially since I created it from scratch. No pat on back needed.—thanks though.

I am proud and happy for what it has accomplished, but I take less credit for it than I give to **Barbara Willard** who urged me to start it up, and encouraged me all the way, I sure miss her.

We pray each of you will have a most wonderful NEW YEAR, and the best of all, stay warm, happy and healthy.

HAPPY NEW YEAR everyone from The Busy B's... **Janice, Lana, Yoshi, Joyce, Lisa, Jean and Bambi.**

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### VOLUNTEER OPPORTUNITY

*By Maybelle Brickley*

**Agency: Zeno (Formerly Explorations in Math)**  
**Volunteer Coordinator: Carol Ryan**  
**Telephone Number: 206-325-0774**

This agency is looking for volunteers in the classroom at Martin Luther King Elementary School. Their address is: 6725 45<sup>th</sup> Ave. S. Seattle, WA 98118.

The request is for assisting a teacher during Math Workshop. The goal is to get students excited about

math and assist with math games and activities. Volunteer must be at least 16 years of age with a love of children and positive attitude about math.

The time commitment required is at least one hour per week for ten weeks.

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JANUARY CHAPTER MEETING SPEAKER

By James Beasley

Our speaker for January is Carol Ryan | Director of Volunteer Engagement Zeno | Math Powered

Carol Ryan recruits volunteers to help elementary-age kids fall in love with math. Her organization, Zeno, believes by igniting curiosity and confidence, every child can be Math Powered. This curiosity and confidence stems from experiencing math in FUN and unique ways and transforming attitudes and skills around math.

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### A “RAISE” FOR PEOPLE WHO GET SOCIAL SECURITY

*By Kirk Larson*

*Social Security Western Washington Public Affairs Specialist*

As we ring in a new year, we can expect to see a number of changes. Social Security is no exception: in 2013, people who receive Social Security or Supplemental Security Income (SSI) payments will see their benefits increase.

Beginning in 2013, a 1.7 percent cost-of-living adjustment (COLA) was applied to all Social Security and SSI payments. The average monthly Social Security benefit for a retired worker in 2013 is \$1,261 (up from \$1,240 in 2012) and the average monthly Social Security benefit for a disabled worker in 2013 is \$1,132 (up from \$1,113 in 2012). These changes were reflected in SSI payments dated December 31, 2012 and Social Security payments dated in January 2013.

For people who receive SSI, the maximum federal payment amount has risen to \$710 (up from \$698).





Heritage Chapter's  
Christmas Potluck





Other Social Security changes in 2013 are worth noting. For example, a worker now pays Social Security tax on up to \$113,700 of annual income (up from \$110,100 in 2012). A worker earns one credit after paying taxes on \$1,160 in earnings in 2013 (up from \$1,130). As always, a worker may earn a maximum of four credits each year and a person generally needs forty credits (or ten years of work) to be eligible for retirement benefits.

To learn more about these and other changes for 2013, visit the Social Security website at [www.socialsecurity.gov](http://www.socialsecurity.gov), and read our fact sheet about the changes at [www.socialsecurity.gov/pressoffice/factsheets/colafacts2013.htm](http://www.socialsecurity.gov/pressoffice/factsheets/colafacts2013.htm).

**A Colorful Plate**



For the best anticancer diet, experts recommend filling two-thirds of your plate with "plant-based" foods — veggies, fruits, whole grains and beans. The easiest way to do this is to think colors. Your plate should have a rainbow of them. The more colors, the more nutrients, the healthier you. And the best thing: These are not just healthy foods; they're delicious, too.

[American Institute for Cancer Re-](http://www.aicr.org)

**5 Great Immune-Boosting Foods**

**Lean beef**

It's full of iron and zinc, two nutrients that help protect against infection by bacteria, viruses and parasites, according to Joan Salge Blake, R.D., clinical associate professor of nutrition at Boston University. Plus, beef is an excellent source of the antioxidant selenium (antioxidants defend and repair immune cells). Choose lean beef, and limit portions to 3 ounces

**Legumes**

Like beef, beans and peas are good sources of immune-boosting iron and zinc, but they're also loaded with vitamin B6, which helps create infection-fighting white blood cells called lymphocytes. You can double the amount of iron you absorb from legumes by combining them with as little as 25 mg of vitamin C — the amount in 1/4 cup of broccoli, says Salge Blake

**Mushrooms**

Asian mushrooms — including shiitake and oyster mushrooms — contain beta-glucans, carbohydrates that can spur production of virus-attacking white blood cells, a study in the *European Journal of Applied Physiology* found. White button mushrooms are rich sources of selenium and riboflavin (vitamin B2), which help ward off bacterial infections

**Pumpkin**

This seasonal favorite is full of beta-carotene, which your body converts into vitamin A — and that helps create white blood cells to fight infection. Animal studies suggest vitamin A may also enhance your body's response to the flu vaccine. Both pumpkin pulp and seeds protect against infection.

**Wild salmon**

It's a fine source of vitamin D, which your immune system needs to kill harmful bacteria and viruses, says John S. Adams, M.D., professor at the David Geffen School of Medicine at the University of California, Los Angeles. Eat fish at least twice a week.

**Pickles** By Brian Crane



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**Food Bank Schedule For 2013**

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

|                |                 |                      |
|----------------|-----------------|----------------------|
| <b>January</b> | <b>Highline</b> | <b>Marian Herrin</b> |
| 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          | Bob Lambert          |
| October        | White Center    | Eileen Bear          |
| November       | Issaquah        | Eleanor Skinner      |
| December       | Des Moines      | Dave & Mary Frantz   |

**Calendar of Events 2013**

|               |                                    |
|---------------|------------------------------------|
| <b>Jan 10</b> | <b>Heritage Leadership Meeting</b> |
| <b>Jan 25</b> | <b>Chapter Monthly Meeting</b>     |
| 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

## January 25, 2013

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

**Speaker:** Carol Ryan, Director of Volunteer Engagement, Zeno | **Math Powered**

**Topic:** "Make Math Fun as a Classroom Volunteer"

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](mailto: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 Downtown Harley-Davidson building, 2nd floor. Signs are posted directing you to the meeting room.

