



The Heritage

Heritage Chapter Bluebills
Boeing Retiree Volunteer Newsletter

June 2012

WWW.BLUEBILLS.ORG

VOLUME 18 ISSUE 6

Chairman's Corner

This month I would like to highlight a Bluebills Program that is not too well known. It is our Binder Recycle Program. Over the past few years we have recycled thousands of binders that we have received from the Boeing Company when they have surplussed office supplies.



This program has been most successful as it is benefitting Boeing, The Bluebills and area schools.

Let me elaborate on how this has worked. A few years ago we received a call from a Boeing employee who's department no longer needed 3 ring binders which would go to the landfill. She asked us if we were interested in taking them. We said yes, very enthusiastically. We then received several boxes of binders in varying condition.

To make these acceptable for school use we set up a team to review, recondition and sort by size for distribution to area schools. Those not acceptable are sent to area food banks for their distribution.

This program became so popular with Boeing departments that several more began to send us their surplus binders. We receive them at the Bluebills Office and about two to three times a year we have a team come in and recondition these binders for school use.

All the binders are distributed.

Come and join us, our work parties have a great time.

Howard



Binder Recycle Team from left: Jim Bunt, Bill Baker, Mary Ulibarri, Margaret Stone, Lonnie Stevenson, Bob Lambert (Back), Fran Parker (Front), Bob Stubbs, Maybelle Brickley. Not pictured Karen Baker & Howard Syder

May 25th Meeting Recap

The May 25, 2012 Heritage Chapter meeting of the Boeing Bluebills began with the Pledge of Allegiance. **This weekend we honor all the men and women who have honored us by serving in the military, especially those who have given the ultimate sacrifice.**



In today's time, it is a three-day holiday. There will be barbecues and maybe you'll spend a few moments to reflect on what Memorial Day is really about: remembering those who gave their lives in service. But the national holiday, celebrated since 1868 three years after the Civil War ended, is more than just a long weekend to kick off the summer. Memorial Day was established by the head of an organization of Union veterans, the Grand Army of the Republic (GAR), as "Decoration

Day”. It was meant as a time for the nation to decorate the graves of fallen soldiers with flowers.



The date was chosen to bring May flowers. Maj. Gen. John A. Logan declared that Decoration Day should be observed on May 30 because he thought it was at this point that flowers would have bloomed to be at their most beautiful. His order for his posts to decorate graves read, “We should guard their

graves with sacred vigilance. ... Let pleasant paths invite the coming and going of reverent visitors and fond mourners. Let no neglect, no ravages of time, testify to the present or to the coming generations that we have forgotten as a people the cost of a free and undivided republic.” Let us all remember the men and women who have ensured the enjoyment of the freedoms we cherish.

Howard Syder welcomed everyone and introduced our visitors and those celebrating birthdays (Lonnie Stevenson finally reached her 32nd birthday – she was born on the original Memorial Day!) and anniversaries followed by these announcements:

□ Howard said that we have no one trained for CPR at the Bluebills office. He asked anyone who may be interested to sign-up on the page circulated at the meeting. Depending on the interest, further plans will be made. If you were not able to attend the meeting, you may send your name and contact information to Howard Syder, handjsyder@comcast.net.) Vicki Lee is checking with the Red Cross for their class information. (NOTE: A defibrillator is available on site at our monthly meetings at Downtown Harley-Davidson of Renton in the Parts Department.)

□ Millard Battles discussed classes for Disaster Preparedness (Community Emergency Response Team, “CERT”). He (and by a show of hands, quite a few others) has taken the class. The Red Cross may be an option for this as well. Washington State has a firefighters and training facility near North Bend, WA, and annually holds CERT training. One member had volunteered there and became a “volunteer victim” – yet another option. (Ed Note: You may want to check this out: <http://www.citizen corps.gov/cert/>)

□ The new home of the LeMay America’s Car Museum is having a Grand Opening in downtown Tacoma from June 1 – 3, 2012, across from the Tacoma Dome. Check out details on their website: <http://www.lemaymuseum.org/events.php>.

□ Helen Lowe announced the 11th annual “Flight for Sight” Fun Run in Everett on June 9, 2012, which benefits Guide Dogs of America. Details can be found on their website’s calendar at <http://guidedogsofamerica.com/> – your dog is welcome too! Brochures were provided.

□ Helen also provided information on a conference for “Saving Social Security and Medicare” being held on June 11th at the Union Hall in South Park, from 10 AM – 2 PM. Lunch is provided! A sign-up sheet was provided.

□ Also, she mentioned a website, www.healthcare.gov which provides information on laws that benefit seniors

□ Further, Helen recommended everyone of voting age to read T. R. Reid’s “The Healing of America: A Global Quest for Better, Cheaper, and Fairer Health Care”. The book’s overview says: “... shows how all the other industrialized democracies have achieved something the United States can’t seem to do: provide health care for everybody at a reasonable cost. ...”

Following the announcements, Jim Beasley introduced our speaker, Alan Bennett, Public Affairs Specialist, Food and Drug Administration, Seattle District Office (alan.bennett@fda.hhs.gov). While



Alan downplayed his qualifications, he has a broad understanding of FDA’s rules and regulations and is knowledgeable and comfortable explaining the rules and the reasons behind agency policy on sometimes controversial issues including, purchasing drugs online, purchasing drugs from Canada, approval of generic drugs,

labeling of genetically engineered foods, food irradiation, the regulation of imported foods, the regulation of dietary supplements. Alan has served as the public affairs specialist responsible for the FDA’s field public affairs program for the states of Washington, Oregon, Alaska, Idaho, and

(Continued on page 3)

Montana for the last 21 years. In that position he is responsible for outreach to the FDA's varied stakeholders, including consumers, health professionals, industry, academia, and the media in these states.

For those of you who were unable to attend this invigorating presentation, here are a few items discussed that should encourage you to attend these monthly presentations:

- The FDA does not regulate the practice of medicines, this is done at the state level
- When a drug is approved (which is paid for by the drug companies), it is not just the molecular composition; it is the manufacturing process, the site of the process, the identity and stability of the drug – all of these things come into play. When a generic drug comes along, it is not sufficient that it just be the same chemical entity. It has to go through the same process, as well as the effectiveness of its bio-availability as the innovator drug. The difference is the fillers and the colors used with the generic drug.
- Whether a drug is manufactured in the U.S. or abroad, the same approvals must be met. A lot of pharmaceuticals come out of India and China; where site inspections are made just as they are made in the U.S. Some facilities are fined until standards are met and are allowed to resume production.
- Bringing Canadian drugs into the U.S. is not recommended as the FDA cannot guarantee that the drug you ingest was manufactured by a facility that is approved by the U.S.
- 'Drugs' vs. 'Cosmetics' – drugs have an "intended" use; cosmetics have an "appearance affect". An example was given for "thigh cream": if it makes the fat go away, it's a drug, if it gives the appearance of thinner thighs, it's a cosmetic (this example brought quite a chuckle from the audience!). Anti-wrinkle creams tout they "reduce the appearance of fine lines and wrinkles". Misrepresentation in commercials (radio/tv) are closely watched for clarity.
- The FDA does not become involved in 'Class Action' suits. A system called MedWatch is the watchdog for the labeling of drugs. Another item on the label itself is called "the black box" that draws the user's attention to the warnings.
- 'Off Label Use' is an approval request to the FDA for drugs to be used for something other than their intended use. This brings your insurance coverage into play as they may refuse payment unless it is used as intended.
- Dietary Supplements were defined in a 1990

Law and later in 1994. Structural function claims may be made on the packaging, but not to diagnose, cure or prevent disease claims – otherwise it would be a drug. Language such as improves, strengthens or enhances is used on the labeling vs. cures, diagnoses or prevents. Make sure your physician and naturopath BOTH know what you're ingesting. Sometimes a natural product may interact with a drug!

- The FDA and the USDA have very different areas of responsibility, which complicates the responsibility and the lack of rationale for this. Since 2007 the idea for the need of a single food agency has been an issue of the difference between a meat and a non-meat product:

the FDA regulates vegetables

the USDA regulates meat and poultry

The absurdity of determining which agency would be responsible for say a sandwich (open vs. closed faced) that has both meat and veggies on it really highlights the issue!

- Microwaving food is generally not an issue any-more due to the technical level they have reached.
- "Genetically Engineered" labeled foods are defined as "materially different". Why aren't they labeled? The agency can only require labeling if there is a material difference. Such as an orange that stays fresh for a year. The genetically engineered orange could have only half of the vitamin C and would have to be labeled.

When looking at produce's 4-digit labels, if it has a leading 8 (i.e., 81234) it has been genetically engineered. If it has a leading 9 (i.e., 91234), it is organic.

- 'Food' definition is ... FOOD!

Howard closed the meeting with the drawing for door prizes (thanks to all who have donated!!) – If you have some nifty items to contribute, please contact Howard. Your attendance is encouraged for next month's meeting, June 22, 2012 – bring a friend!

Busy B's Busy B's Busy B's

Hi all! Yes, we are still busy filling Child Haven's request list and at this time we have reached over half of the goal, with 4 aprons left to be sewn. No doubt we'll finish next week, though we still have plenty of the play mat covers to complete.

(Continued on page 4)

THANKS TO JEAN Derheim, they will go faster now. She sewed them up so all they need is the colorful topping on them, and it's making it much faster to complete our goal of 400. Thanks again, Jean!! I love it! We have made half the mat covers and have more quilts yet to make. Then they all will be delivered. We look forward to having a tour coming here soon.

BECKY PRENOVOST stopped by our house Monday evening with a load of stuffies again. Not sure what we would do without you, Becky. You sure do make us look good ! LOL

Thanks tons, our friend, it's great seeing the cabinets filling up again. With yard sales coming up, keep an eye out for some clothing, and ask if they'd donate (like new) stuffies (stuffed animals) to us instead of selling them.

We are ALWAYS on the look out for DOLLS, especially Barbies and baby dolls. as well you know.

One of our members asked me to put in a shout out to see if anyone has a good serger they'd like to donate to the Busy B's. We really could use one and it would be so appreciated.

This is one great group to work with folks -- the best !! The beautiful quilts being turned out are so outstanding, and each one is carefully planned to use the fabric we have on hand.

Welcome back, Lisa, we sure did miss you, lady. We are so happy you are staying home for awhile and congrats on your adoption (two kitties, that is). Way to go, adopting to save lives..

So until next month, keep busy, happy and healthy everyone. Love from The Busy B's

Bambi

RAPCO

Prayer list for the Month of May

Bill Poggel

Get well list for this month are:

Karen Fields

Tom Gangwish

Pat Itzen

Deceased:

Frank Kisch

Barbara Miller

We are so glad to have Roland back with us.

The poetry reading for the kids on Friday 11:30 was a great success: Thanks to the the Hutch kids.

~~~~~

**Thought for the month**

May you always have...  
A sunbeam to warm you,  
Good luck to charm you,  
And a Sheltering Angel  
So nothing can harm you,  
Laughter to cheer you,  
Faithful friends near you,  
And whenever you pray,  
Heaven to hear you.

~~~~~

Eileen Bear

The speaker for the June 29th Chapter Meeting will be Lara Matter. She is a member of the Seattle Tilth, a Seattle organization devoted to helping the public in gardening and promoting home and pesticide free gardens.

Her subject will be Home Gardens



Seattle Tilth's Programs include Adult and Children gardening classes, Community Kitchens Northwest, Master Composter/Soil Builder,

and Landscape Consultations

Jim Beasley



LeMay – America’s Car Museum (ACM) spotlights America’s love affair with the automobile. Featuring a nine-acre campus – with a four-story museum as the centerpiece – ACM, situated atop Tacoma, WA., 30 minutes south of Seattle and in the shadow of Mt. Rainier, will be one of the world’s largest auto museums and attractions when it opens June 1-3, 2012.

ACM is designed to preserve history and celebrate the world’s automotive culture. The spacious facility will house up to 350 cars, trucks and motorcycles from private owners, corporations and the LeMay collection, which amassed a Guinness Book record of more than 3,500 vehicles in the mid-’90s. <http://www.lemaymuseum.org/>

THE WORLD IS MINE

Today, upon a bus, I saw a very beautiful woman
 And wished I were as beautiful.
 When suddenly she rose to leave,
 I saw her hobble down the aisle.
 She had one leg and used a crutch.
 But as she passed, she passed a smile.
 Oh, God, forgive me when I whine.
 I have two legs; the world is mine.

I stopped to buy some candy.
 The lad who sold it had such charm.
 I talked with him, he seemed so glad.
 If I were late, it'd do no harm.
 And as I left, he said to me,
 "I thank you,
 you've been so kind.
 It's nice to talk with folks like you.
 You see," he said, "I'm blind."
 Oh, God, forgive me when I whine.
 I have two eyes; the world is mine.

Later while walking down the street,
 I saw a child I knew.
 He stood and watched the others play,
 but he did not know what to do.
 I stopped a moment and then I said,
 "Why don't you join them dear?"
 He looked ahead without a word.
 I forgot, he couldn't hear.
 Oh, God, forgive me when I whine.
 I have two ears; the world is mine.

With feet to take me where I'd go..
 With eyes to see the sunset's glow.
 With ears to hear what I'd know.
 Oh, God, forgive me when I whine.
 I've been blessed indeed, the world is mine.

Give the gift of love. It never comes back empty !

Golf can best be defined as an endless series of tragedies obscured by the occasional miracle, followed by a good bottle of beer.

~~~~~  
 Golf! You hit down to make the ball go up. You swing left and the ball goes right. The lowest score wins. And on top of that, the winner buys the drinks.  
 ~~~~~

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

| | |
|----------------------------|---------------------------------------|
| Howard Syder | Chairman |
| | handjsyder@comcast.net |
| Adrian Lawler | Vice Chairman |
| | adrian.lawler@aol.com |
| Jim Orchekowsky | Vice Chairman |
| | mjorchy@comcast.net |
| Roland Machado | Agency Relations |
| | ramachado2@comcast.net |
| Norma Vaughn | Office Manager |
| | abbyrose00@MSN.com |
| Eileen Bear | Retiree Assistance |
| | pussycat12@comcast.net |
| Maybelle Brickley | Volunteers |
| | maybelleib@msn.com |
| Millard Battles/Dick Cihak | Education |
| | mtbattles@aol.com / dickcihak@aol.com |
| Karen Baker | Historian |
| | bakerkm2@comcast.net |
| Ron Hanson | Computers |
| | hansonis@aol.com |
| Dick Beham | Newsletter—Webmaster |
| | rsqdncr@foxinternet.net |
| Bambi Lee | Busy B's |
| | bambi.lee@comcast.net |
| Jim Beasley | Speaker Coordinator |
| | jimcarlab@hotmail.com |
| Jim Lee | Special Projects |
| | jimtleee@comcast.net |
| Fran Parker | School Supplies for Children |
| | parker33@q.com |
| Micki Brown | Newsletter co-editor |
| | bbbeditor@live.com |

Food Bank Schedule For 2012

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

| | | |
|-------------|---------------|-------------------------|
| 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 2012

| | |
|----------------|--|
| June 14 | Heritage Leadership Meeting |
| June 29 | Chapter Monthly Meeting |
| July 12 | Heritage Leadership Meeting |
| July 27 | Chapter Monthly Meeting |
| Aug 16 | Heritage Leadership Meeting |
| Aug 24 | Picnic—Cedar River Park, Renton |
| Sep 13 | Heritage Leadership Meeting |
| Sep 28 | Chapter Monthly Meeting |
| Oct 11 | Heritage Leadership Meeting |
| Oct 26 | Chapter Monthly Meeting |
| Nov ? | Annual Dinner |
| Nov 15 | Heritage Leadership Meeting |
| Dec 13 | Heritage Leadership Meeting |
| Dec 21 | Christmas Potluck |
| Dec TBD | Christmas Potluck |

Bluebills Heritage Chapter Monthly Meeting

Downtown Harley-Davidson
3715 East Valley Road
Renton, WA

June 29, 2012

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

Speaker: Lara Matter

Topic:

“Home Gardens”

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.

