



The Heritage

Heritage Chapter Bluebills
Boeing Retiree Volunteer Newsletter

June 2013

WWW.BLUEBILLS.ORG

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Chairman's Corner

By Don Hilt

I don't know about you, but I receive a lot of junk e-mail that needs to be gone through every day, just so it doesn't accumulate and overtake my computer. Unfortunately, I also receive a large amount of "family spam" from family, friends, and people with whom I play golf. (Incidentally, Spam is an interesting word. Hormel claims it's an abbreviation for spiced ham, Margaret Thatcher said it was a wartime delicacy, and others claim it means "Something Posing as Meat.") I'm sure you know many people like my friends, really nice people who feel compelled to send their stories, chain letters, petitions, jokes, videos, and photos to everyone in their address book. And did I say everything has an attachment? In an election year, it's even worse. Sometimes it puts me in a bind, though, since I can't report family and friends to spam fighting websites (or black list them) because occasionally they send interesting things like personal news, invitations, mean no harm – and are genuinely convinced they can save an

endangered species if they just tell enough people!

I was writing the Chairman's Corner for the month of June when my sister-in-law e-mailed me a piece about the cluster of holidays we have this time of year celebrating our country's sacrifices, patriotism, and independence. Memorial Day, just past, is the day we set aside to honor the men and women who died while serving in the Armed Forces. Each made the ultimate sacrifice to ensure our freedom, including our freedom to explore opportunities for serving our communities. These brave, fallen heroes should be remembered for giving up all their tomorrows so that we could have ours. It is a precious gift like no other.

Sometimes our charitable giving needs to begin at home, and our volunteerism needs to include serving the Bluebills organization. Take a moment, or two, to think about how we can all improve the Bluebills by helping office staff and committee chairmen, chairing an event, soliciting new members, or running for office. We should all aspire to making a difference, leading by example, and recognizing the contributions of others.

Total Bluebills Volunteer Data for 2012

Number of

	<u>Hours Reported</u>	<u>Volunteers Reporting</u>	<u>Projects</u>
1st Quarter	20,879	583	623
2nd Quarter	22,004	529	561
3rd Quarter	20,269	541	560
4th Quarter	<u>25,167</u>	<u>574</u>	<u>522</u>
Totals for the Year	<u>88,319</u>	<u>2,227</u>	<u>2,266</u>

Value of one volunteer hour = \$22.69

(WA State value)

Total Value of Bluebills Volunteer Hours for 2012 = \$2,003,958.11

At the same time, also let us know how we can make the Bluebills better and more relevant for you. We're "all ears."

I'm running behind in making my yard and patio presentable for summer and family gatherings. Add to that my wife's request for a "Flower Tower" she saw on YouTube and a Home Depot ad – there's a chance I may not get everything done. I wish you blooms and beauty in your yards and gardens and, more importantly, the energy to cultivate and nurture them.

My sincere thanks to Ben Sakamoto for writing last month's Chairman's Corner for the Heritage Newsletter and chairing the chapter's monthly meeting while I was on vacation.

Summer arrives next month. Enjoy it!

Don Hilt

31 May 2013 heritage meeting

The meeting got underway with Jim Peterson leading the group in the Pledge of Allegiance. Don Hilt proceeded to introduce Roy Barnes, a new member who learned of the Bluebills from another recent new member. There were two May birthdays – plus Lonnie Stephenson, who reported her May birthday at last month's meeting because she knew she would be absent today. And there were two anniversaries reported.

Zip Zuther reported he delivered 40 plus baby hats, thanks to the Busy Bees, to the Seattle Cancer Care Alliance. They can use the hats during any season and were most appreciative. He also talked about a friend who makes wood toys, such as cars, helicopters, etc. and plans to find good causes for those items.

Don also announced the Bluebills will have a booth at the Puyallup Fair again this year, but because the former coordinator is no longer available, he asked for a volunteer. Thanks to Kathy Lyons for stepping into that position. Stay tuned for further information.

Jim Beasley then introduce Katie Von Derau, RN, CPN, CSPI, who is a Supervisor at the Washington Poison Center (WPC). Katie has been with WPC since 1998 and has provided guidance and support to the Center's multi-disciplinary team of pharmacists, nurses and poison specialists.

Her professional education duties include presentations to

emergency personnel and first responders, assisting with the training of medical residents, pharmacy and nursing students, and acts as the liaison with the State's school nurses.

In addition to writing internal guidelines for her poison center, she is a published author in her field, having the distinction of being the only nurse asked to contribute a book chapter to a veterinary toxicology text.



She began her career in 1981 as a Registered Nurse in a 40-bed Pediatric unit in northern Kentucky. She has held a Washington State Poison Information Specialist Certification since 1994, and became certified in 1997 as a Specialist in Poison Information (CSPI) by the American Association of Poison Control Centers (AAPCC).

Katie stated WPC is on call 24 hrs. each day of the week, every day of the year. Her presentation provided valuable information, including statistics for poison incidents in the state of Washington. Examples for 2012:

Human exposures reported to WAPC: was 56,345. Of these, almost 92% were managed over the telephone and were not seen in a health care facility.

Over 26% of human exposures were followed-up by WAPC staff. Almost 52% of all exposures were about children under the age of six.

Over 515 pet owners called WAPC about their animal friends. The following is a list of the ten top reasons people call the poison center:

Accidental Exposure – adult, child or animal gets into something.

Therapeutic Error – medication error, Self Harm.

Accidental Misuse of a Product – didn't follow directions.

Intentional Misuse of a Product – read the directions, but did not follow them.

Drug or Alcohol Abuse

Environmental Exposure – something in the water, air, or other contaminate.

Adverse reaction to a Drug – a bad side effect.

Food poisoning.

Occupational Exposure – exposed to something at work.

(Continued on page 3)

Additional issues given in connection with medications: Taking more medications increases the risk of drug or food interactions.

Various drugs may result in similar side effects. Used alone, most drugs do not cause harm; used together there may be a toxic reaction. Report all medication usage to your doctor.

Over-the-counter medicines, including vitamins and herbal supplements, may cause side effects when used with prescription drugs or some foods.

Try to always use the same pharmacy to fill prescriptions.

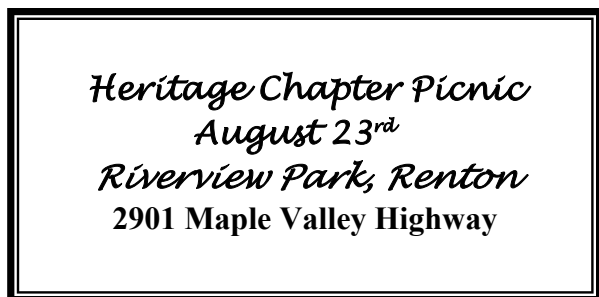
Katie pointed out the WPC has experts standing by to assist, including a veterinarian. However, due to budget cutbacks, all calls regarding animal poisoning will now result in a \$45 fee. All other calls are free. Katie concluded the presentation by taking a number of questions from the attendees.

The Washington Poison Center is a 501(c)(3) nonprofit organization that receives state funding. For more information their website address is www.wapc.org.

The emergency number is 1-800-222-1222.

Don concluded the meeting with the door prize drawing, and a hardy farewell to one and all.

Mary Ulibarri



Volunteer Opportunities

TELEPHONE NUMBER CORRECTION

Several letters were sent out asking for volunteers for Evergreen Health Hospice Volunteers. The number was incorrect for contacting Criss East. The correct number is: 425-899-1049.

Agency: Pacific Science Center
Volunteer Specialist: Chelsea Rodriguez
Telephone Number: 206-443-2865

Do you love making things, tinkering with objects, building with mechanical parts or experimenting with electronics? How about sharing your passion for making things with others? Pacific Science Center seeks creative volunteers to assist inside a brand-new Maker Space. This prototype Make Space is named The Lab. The Lab aims to

inspire visitors of all ages to make - using their hands, provided tools and imaginations! Maker Space Facilitator Volunteers will test new experiential open-ended maker activities with the public inside The Lab.

They ask that volunteers make a minimum 6-month commitment, as well as be available for at least two shifts a month. The Lab is scheduled to open July 5. Volunteers are scheduled on Fridays from 12:30 PM – 5:00 PM.

If you are interested in volunteering for this project please contact Chelsea at the above telephone number.

Agency: City of Redmond
Volunteer Coordinator: Lil Klein
Telephone Number: 425-556-2352

Derby Days Festival is a summer tradition in Redmond that came to life at the end of the Depression, it began as a drive to raise money for downtown holiday decorations and school athletic equipment. It includes activities for young and old.

The Festival needs volunteers for many different areas. The days are July 12 and July 13. All volunteers receive an official Derby Days volunteer t-shirt, light snacks and beverages. Shifts are available from 8:30 am to 10:30 pm on Friday and 7:00 am to 11:30 pm on Saturday. There are many different areas for volunteers. They are:

- Distributing posters
- Assisting with children’s activities
- Putting up signs
- Staffing the information booth
- Directing parking and traffic
- Working as stage hands
- Crowd control
- Waste removal
- Event set-up & take-down

If you are interested in helping with this event please contact Lil Klein at the above telephone number.

Agency: Hope-Link
Volunteer Contact: Hayden Brooks
Telephone Number: 425-943-7577

Hope-Link is asking for volunteers to help at their warehouse for sorting and packing school supplies. The warehouse is at 11011 120th Ave NE, Kirkland, WA 98033. If you are interested in helping with this program, please contact Hayden Brooks at the above telephone number to schedule a time. The time of the shifts is 9 AM to 4:30 PM. You may schedule according to each individuals availability.

Agency:
Federal Way Senior Center

4016 S 352nd St. Auburn WA.
Contact: Steve Sandberg @ 253-838-3604

FWSC is in need of volunteers to help with the off-loading & storing of food brought in from the donating stores. This would be one or two mornings a week or as you are available and are willing, some lifting of food filled boxes required. There is a need for someone with a pickup or van to make food runs to collect the food items from the participating stores.

We also have a need for someone with computer skills to teach classes in the adult computer classroom, such as beginners, Windows 7 and possibly Windows 8, whatever you feel comfortable with. This need will begin in the fall session 2013. Contact Larry Malcom at 253-839-5418, or Jim Lee at 253-735-9435

USO Volunteers at the Ski To Sea race

What great fun in spite of the torrential down pour. We actually got a break for a moment or two in the afternoon.



Attached some pictures. We had a great time. Got lots of thank you's. The director of the venue wants us back next year.

There was actually a wounded warrior team that participated in the race. Amazing !!! Seven grueling disciplines.

After they were introduced to the crowd, Doug and I and everyone else went onto the stage to meet them and shake their hand, congratulate them and

thank them for their service. . . .

Every day, say thank you God, for every blessing you have.

Here is a quote from the Ski to Sea 2013 Race Guide:



Coy (a race director Pete Coy) also has planned a Memorial Day salute to precede the award ceremony at the Ma-



rine Park finish line in Fairhaven, complete with a Blackjack air squadron from Skagit County doing a fly-over of the (marine) park and Squalicom Harbor, the presentation of the colors by a group From Whidbey Island Naval Air Station and the introduction of a Ski to Sea team of wounded warriors from Walter Reed National Military Hospital in Washington, D.C.

Lonnie Stevenson

Busy B's



We've received some interesting fabric donations this month. Mary Ulibarri brought in big bags of material from a lady that recently passed away. Ramona Carnaje and her husband Mike both worked at Boeing many years ago. They were from North Dakota. Mary was told that Ramona's husband retired from Boeing and passed away in 2000 and Ramona left Boeing, it was thought, at least 40 years ago, to go to nursing school and that's the career she had until she died. She was an extremely talented quilter and we are the lucky recipients of some great fabric.

Another donation came from K. Loraine Goodwin from Sequim. She retired from Boeing years ago and among the fabric was a big stuffed goose, which will make some child happy.

Donna Palmer has been a constant supplier of doll blankets that she knits or quilts and they are little works of art. She also donated a Cabbage Patch doll in it's original box. Her daughter made a lovely blanket to go with the doll.

Maybelle Brickley donated bags of quilt pieces that had belonged to her aunt. It's a case of "some assembly required" and it will be an interesting challenge.

Last but certainly not least, Howard Syder donated two English dolls that belonged to his wife. One has a

wicker cradle complete with bedding. He said they are at least 80 years old.

Our globe trotting Busy B, Lisa Nyreen, recently returned from a trip first to the Netherlands and Belgium. She said they had nice weather and saw lots of wind



The Ladies at Work

mills, tulips, and lots of Chocolate! Then on to Switzerland where they enjoyed both boat and train rides and of course lots of cheeses. We are happy to have her back to see her quilting skills in action. And, she is always happy to show us helpful techniques.

We have more quilts for the Seattle Cancer Care Alliance that Zip Zuther will be delivering and we'll be starting on short pants for the Auburn Child Haven for the summer months, so as you see, the Busy B's are busy as usual.

Thanks to all for the support we receive.

Janice

The Poppy

In remembrance of veterans as well as active service members everywhere on Memorial Day, May 27, 2013, and every day.

The poppy flower only grows in the absence of other flowers and only in ground that has been churned. In perhaps the best-known poem of World War I, when Dr. John McCrae observed poppies growing between the crosses on the soldiers' graves, it inspired him to write the poem *In Flanders Fields*. The poppy has since become known as "The Flower of Remembrance" and is worn in memory of our veterans.

© Positivity Toolbox

The Story of the Poppy

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I'm sharing this poppy in remembrance of the veterans as well as the active service members and wishing you a beautiful Memorial Day weekend.

The Bluebills editor
(Pro-Tem)

This Month our speaker is going to be Constance Sidles, she is a master birder, a board member of Seattle Audubon Society, and an author who has written five books and more than 550 articles in 65 different publications. She graduated from the University of Chicago with a degree in Egyptology, which has proved to be enlightening but not lucrative. Instead of working on ancient cultures, Connie has spent her career working on current issues, especially environmental preservation. Connie began birding in her local "backyard" - the Montlake Fill, an old landfill now restored as a nature reserve in 1986.

She goes there nearly every day to see what there is to see. Lately, she reports, Ma and Pa Eagle have hatched a new set of babies.

This month we celebrate Flag Day, and Fathers Day. I suspect that most of us, at our age, have already lost our Fathers and our Mothers but not our memories, at least not totally yet, (mine is pretty bad though) I think of my father quite often even though I was only 12 when he passed away he is always in my mind and my heart, as is my mother, they are a part of me and what I am.

Have a great June and I will be with you again next month.
Jim Lee

Bluebills - Heritage Chapter

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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.

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

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 23	Chapter Picnic
Sep 12	Heritage Leadership Meeting
Sep 27	Chapter Monthly Meeting
Oct 10	Heritage Leadership Meeting
Oct 25	Chapter Monthly Meeting
Nov 6	Chapter Awards Dinner
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

June 28, 2013

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

Speaker: Constance Sidles "Master Birder"

Board Member, Seattle Audubon Society

Topic: " *Environmental Preservation* "

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