



# The Heritage

Heritage Chapter Bluebills  
Boeing Retiree Volunteer Newsletter

March 2017

WWW.BLUEBILLS.ORG

VOLUME 23 ISSUE 03

## *Chairman's Corner*

*By Doug Hoople*



I'm sorry to relate that our new incoming Chairperson, Lonnie Stevenson has submitted her resignation as Chairperson of the Heritage Chapter. For those of you who know Lonnie, you are aware of her heart and health situation. She has recently been able to get a second opinion on procedures that may improve her situation. However, the timeliness of results is under question.

I personally was hoping she would be able to continue as Chairperson, this would allow her to participate in at least one activity she enjoys.

This now leaves us with the job of finding a replacement. We currently have three Vice-Chairmen who are performing those duties. Two of these have served several terms as Chair and are involved with other volunteer activities and would prefer to turn the Chair position over to a new Bluebill. The third Vice-Chairman is currently out of town and we don't know his interest.

The Heritage Chapter is still operating. We have our person out getting us a spot at the Renton park for our picnic and our normal activities are on the calendar.

If there is a person out there who would like to step up and be involved with the leadership of the Heritage Chapter, now is your opportunity to jump in and get involved. You will have many experienced people ready to support you in that effort.

For those of you who have not been able to attend recent meetings, you have missed a string of very interesting speakers. Jim Beasley has been doing a great job of bringing in interesting speakers sharing knowledge on a variety of topics. Please consider joining us at the next monthly meeting and becoming a more informed individual.

Please make sure you've put the date of our annual picnic and Volunteer Recognition lunch on your calendar so you don't miss them and miss visiting with friends.

As we are starting this new year, make sure you are sending in a record of your monthly volunteer hours to the office so we can continue to report to the Boeing Company the great efforts you are all performing.



**Busy B's**

*by Janice Hawes*

Last year I wrote about organizations that we give our quilts to and this column is about another place, Compass House in Renton.

Compass Housing Alliance began in 1920 when a couple from Sweden, the Rev. Otto and Mrs. Alva Karlstrom founded the Lutheran Sailors and Loggers Mission in Pioneer Square. The name has changed but not the spirit of the mission which is to provide a welcoming space for people in need.

Compass House today is a leading provider and developer of essential services and affordable housing for men, women, veterans and families who are experiencing homelessness in the Puget Sound area.

There are 23 locations providing day services, emergency shelter, transitional housing and affordable housing. They partner with local congregations, governments and service providers.

The transitional housing program offers a supportive environment, emphasizing stabilizing income and addressing issues of substance abuse, mental health and any other issue which leads to homelessness.

Counseling is provided to help tenants develop life skills to help them in securing permanent housing.

Emergency shelters provide a safe overnight place to sleep for homeless men and women. This also gives them an opportunity to work with counselors to explore resources for employment, education training, health, and housing. There are more than 200 beds at four overnight shelters in Seattle.

For military veterans with post traumatic stress, injuries, and other challenges when they return from duty and try to re-integrate into society, there are a variety of programs and housing that meet these specific needs of these veterans and their families.

Compass House Alliance serves families in these programs, providing support and resources for those in need of finding permanent housing.

There is a Compass House project being developed called Compass Crossing. This is an innovative steel frame modular housing community creating 13 new housing units at the corner of Angeline and 39th streets in Seattle's Columbia City neighborhood. The Paul G.

Allen Foundation has awarded Compass Housing Alliance one million dollars in support of the Compass Crossing Pilot Project.

The Busy B's have been happy to help the Renton Compass House in a small way by donating our quilts to them.

We are all back to work filling our cabinets with quilts, ready to send them wherever they are needed. Lisa Nyreen was very busy the last few weeks and brought in some beautiful quilts she made at home. Plus, she brought in more donated fabric. Although she can't come in to work with us anymore, Jean Derheim is still helping us by making quilt tops and baby hats.

We got a lovely surprise from Meri England this past week. She donated 2 bolts of printed flannel for us to make more flannel blankets for Children's Hospital. Also, some little hats, one of them done in Christmas colors. We all thank her for her thoughtfulness, she is very much appreciated!



**February Chapter Meeting Recap**

*By Mary Ulibarri*

Vice Chairman Doug Hoople called the meeting to order with the Pledge of Allegiance. He stated that our Chairperson, Lonnie Stevenson, has retired from the position due to health issues. She needs to concentrate on getting her strength back.

February birthdays were Roy Barnes, Micki Brown and Tom Moberg. Two anniversaries – Carmel Camerini at 32 years and another at 42 years, but I'm sorry to say I didn't catch who it was. I apologize. And a big welcome to new member, Mack Middleton.

Millard Battles talked about his and other members' efforts to encourage retiring Boeing engineers to join the Bluebills. Suggestions are welcome to anyone who has ideas for how to get the two organizations to coordinate efforts in order to increase participation in general and attendance at the monthly meetings.

Fran Parker reminded folks of the *Read Across America* bag-stuffing project Monday, February 27, at the Bluebills South Park office and stated that all volunteers must have a Boeing badge. Bluebills with badges are not allowed to escort non-badged individuals. A big thanks to all who volunteered and to those who won't be able to help out this time. Participants are encouraged to bring their lunch, or the cafeteria is located just upstairs from the BB office. It could be a long day.

Oscar Olague read a letter from the SCCA Seattle Children's Hospital ( *See letter on page 5* ) expressing their gratitude to the Bluebills and especially the Busy Bs for the nine blankets and 24 dolls donated recently. Well done!

Eleanor Skinner reminded members that monetary donations to the food banks are welcome as well as food items. This will help the food banks stock up on items in short supply. There will be a donation jar at the sign-in table. Your generosity is very much appreciated.

Jim Beasley then introduced the speaker Jeffrey Gerhardstein, a Masters level social worker with an independent WA license,



who has been working in the social work field since 1984. Most of his years prior to Sight Connection were in community mental health, public housing and a private psychotherapy practice. His fields of expertise include mental health counseling and anxiety disorders, ad-

justment to vision loss and vision rehabilitation, crisis intervention, LGBTQ issues, public housing and eviction prevention, sexual trauma and PTSD recovery.

Gerhardstein stated that in all his years of service, no experience in social work has been more heartwarming or enjoyable than working at Sight Connection. And in the larger community, nowhere else has he been part of such a gracious and welcoming community than in our low vision and blind community.

Jeffrey started by mentioning the organization started in 1965 on Queen Anne as the Community Services for the Blind and later changed their name and moved to the Northgate area. After thirty years, the office is moving to 929 N. 130<sup>th</sup> St., Suite 3 (just off Aurora).

Jeffrey then asked for a show of hands of those having reduced vision and even hearing loss. Unfortunately, these can be issues facing all of us as we enter our golden years. There are several reasons for the deterioration of our sight. Macular degeneration is one of four age-related diseases that cause irreversible damage to a person's vision. Glaucoma, diabetic retinopathy and cataracts are also common, age-related eye afflictions.

Along with cancer and heart disease, eye disease is among one of the top concerns of aging adults. But despite a growing body of knowledge of how eye diseases develop, not many people take the action to protect their eyes. Untreated, each malady could lead to blindness — a condition expected to double by 2030.

It is not inevitable that everyone will lose some vision. Some people grow old with very good sight. But eye disease isn't limited to those with a history of vision problems, either. Diabetic retinopathy is the only disease that is fairly easy to predict based on a person's health. It starts with leaking fluid or blood that damages the retina and is directly related to diabetes. The longer a person is diabetic, the more likely that person will have retina damage.

Glaucoma creates high pressure within the eye, damaging the optic nerve. It starts with tunnel vision and can end with central vision damage. It is one of the leading causes of blindness. A cataract, clouding of the retina when it should be clear, is the only disease fixed by surgery.

Individuals should begin screening for eye diseases by age 40. Generally, this is the time when early signs of disease and changes in vision may start to occur. Professionals have stressed the importance of getting checked early on because there are no early symptoms for some eye diseases.

The nonprofit Sight Connection serves members of the community who have lost some vision, providing

*(Continued on page 4)*

rehabilitation programs and services so that individuals can adapt to vision loss. They work with numerous people who have lost some eyesight. As a team, doctors, rehabilitation teachers and mobility specialists will help people and their families adjust their lifestyle. This can include counseling for emotional adjustment.

Initial referrals to Sight Connection typically come from family members or a private eye doctor. Then Sight Connection conducts a home visit. They will send workers out to inspect the home to assess its safety and work out a plan with the family/caregivers to help accommodate a new lifestyle. This includes finding the balance between being helpful and totally taking away the patient's sense of independence.

Sight Connection can help individuals from the onset diagnosis to support by advising dietary suggestions, reading aids, such as improved lighted magnifying glasses, audio machines with CDs, etc. specific to failing eyesight through the public library and so on. They believe in the importance of keeping a good attitude. They stress independent living and can help a person achieve that.

Jeffrey concluded by answering many important and relevant questions. The information he shared was definitely a subject of interest to the audience. For more information on Sight Connection, visit [www.sightconnection.org](http://www.sightconnection.org).

Doug held the door prize drawing, which everyone found especially exciting because they were the Boeing anniversary "100 Years of Boeing" coffee table books - a true collector's item.

### **Speaker for March Chapter Meeting**

*By Jim Beasley*

The speaker for Friday March 24 is Renee Derosier. She represents Food Lifeline and will discuss the organization, its founding, operation and the future in Seattle. Food Lifeline is a 501 C3 non profit organization and is supported by United Way King County. Their web site is: [www.foodlifeline.org](http://www.foodlifeline.org).

### **Reminder**

### **Report your Volunteer Hours**

**By**

**Email: [Bluebills@boeing.com](mailto:Bluebills@boeing.com) / Phone: 206-544-6286 / Mail: To Address on Form**

**Or**

**Bring Completed Reporting Form to the Monthly Meeting**



"If I don't go to the doctor, he can't find anything wrong with me. That's how I stay healthy!"





February 8, 2017

Boeing Blue Bills  
Oscar Olague  
11228 SE 183rd St  
Renton, WA 98055

Dear Friends,

Thank you for the 9 handmade blankets and 24 dolls that you recently donated to Seattle Children's.

Gifts of items and services have always played an important role in helping us give kids the very best care. Early in the hospital's history, farmers contributed their surpluses to the hospital pantry, schoolchildren collected homemade jams and jellies from their neighbors and homemakers sewed bed linens.

Today that same spirit of compassion and generosity lives on through people like you.

Thank you for making a difference in the lives of our children and their families. Please know that all of us at Children's are grateful for your donation to enhance the care and comfort of our patients.

Very sincerely,

A handwritten signature in blue ink that reads "Jeff Sperring".

Jeff Sperring, MD  
Chief Executive Officer

*Please keep this letter to substantiate your charitable donation for federal income tax purposes. Tax ID 91-1156519. No goods or services were provided in return for this gift.*

M/S S-200  
P.O. Box 5371  
Seattle, WA 98145-5005

TEL 206-987-2153  
E-MAIL [askus@seattlechildrens.org](mailto:askus@seattlechildrens.org)

## Thank You Bluebills for those Aluminum Pull Tabs and Cans

February 20, 2017

Boeing Bluebills  
C/O Dick Beham  
155 Capella Dr. NW  
Issaquah, WA 98027

Dear Boeing Bluebills:

George and I would like to take this opportunity to thank Boeing Bluebills for your recent contribution to help kidney dialysis research. The cans with tabs were a welcome surprise and came with a little higher recycle price, as well. The cans have always been an option but we also realize that some contributors have another charity they are supporting and by collecting just the tabs for us allows them to help both.

The last time we wrote you, we mentioned an upcoming UW's wearable artificial kidney clinical trial. This trial demonstrated proof-of-concept for a portable dialysis device but it also identified substantial technical challenges. They are now looking at a comprehensive technical redesign of each component of the dialysis circuit to address these challenges by incorporating decades of engineering knowledge from our accomplished team members. These engineers do not have a medical background but will approach the current wearable kidney device from an engineering perspective to develop a wearable kidney easier to wear that still offers a substitute for clinical dialysis. We know that with the UW's commitment, all of these challenges will be met and solved.

We are happy to let you know that with recycle donations and our added dollars, we have donated over \$7,000.00 for kidney dialysis research. Again, thank you for your donation and continued support; it is very much appreciated.

Sincerely

George and Sharon Broom

**Note:** *Dick Beham will collect your Aluminum Pull Tabs and Crushed Cans, for donations to Kidney Disease Research, at the Monthly Heritage Chapter Meetings and from the Bluebills Office.*



February 22, 2017

Sharon and George Broom  
15520 Broom Street NE  
Bainbridge Island, WA 98110

Dear Sharon and George:

On behalf of our trustees, staff and especially our patients, thank you for your generous contribution to Northwest Kidney Centers. Your kind gift of \$2,500.00 was received on February 16, 2017 and has been allocated to the Kidney Disease Research fund. We sincerely appreciate your generosity. Please relay our thanks to your friends and colleagues, especially the square dancers, Boeing Retirees and others.

As I mentioned during our meeting, we are extremely excited about the creation of the Center for Dialysis Innovation ([cdi.washington.edu](http://cdi.washington.edu)) and its potential to positively impact the health and well-being of people receiving dialysis treatment.

I'm thrilled to inform you that we've hired a new Gift Planning Officer, taking the place of Larry Richards. Emily McDaniel will be starting with us in mid-March and will be your main point of contact from this point forward. I'll make sure to pass-on all of the information that you've shared with me during our brief communications.

Again, thank you for your generous support.

Sincerely,

A handwritten signature in black ink, appearing to read "Tim Heimerle".

Tim Heimerle  
Development Manager

THANK  
YOU!

*PLEASE RETAIN FOR YOUR TAX RECORDS*

*In compliance with IRS regulations, this letter confirms that no goods or services were received in exchange for this donation*

### Calendar of Events 2017

Jan 12	Heritage Leadership Meeting
Jan 27	Chapter Monthly Meeting
Feb 16	Heritage Leadership Meeting
Feb 24	Chapter Monthly Meeting
<b>Mar 16</b>	<b>Heritage Leadership Meeting</b>
<b>Mar 31</b>	<b>Chapter Monthly Meeting</b>
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
<b>March</b>	<b>Federal Way</b>	<b>Jim &amp; Bambi Lee</b>
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
<b>December</b>	<b>Des Moines</b>	<b>Open</b>

### Bluebills - Heritage Chapter

PO Box 3707 M/C 2T-04

Seattle, WA 98124

(206) 544-6286

e-mail: [bluebills@boeing.com](mailto:bluebills@boeing.com)

Web Site: [www.bluebills.org](http://www.bluebills.org)

**(Open)** **Chairman**

**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**  
rsqdncr@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

**March 31, 2017**

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

**Speaker: Renee Derosier, Seattle Food Lifeline**

**Subject: "Organization, Operation and Future"**

*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](mailto: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.

