



# The Heritage

Heritage Chapter Bluebills  
Boeing Retiree Volunteer Newsletter

May 2013

WWW.BLUEBILLS.ORG

VOLUME 19 ISSUE 05

## Chairman's Corner Vice Chairman's Message



*By Ben Sakamoto*

April is almost gone! The April showers will bring the May flowers. Hopefully, the members of Heritage Chapter Bluebills of the Boeing Retiree Volunteers will also flower and flourish in the

coming months.

The Heritage Chapter Council is planning the annual summer picnic on August 23, 2013 with vice chair Bob Stubbs coordinating the event. The Puyallup Fair fall marketing endeavor will be September 6-10, 2013 with Lonnie Stevenson in charge again. The annual Volunteer of the Year Recognition Dinner is in the planning stage. The

Heritage Chapter Council wants to recruit new and younger Boeing retirees. Also, attract any other volunteers as Associate Bluebills.

The Council is also endorsing initiatives from the Boeing Retiree Volunteer Central Council, such as the United Services Organization, USO, program at SeaTac airport. Maybelle Brickley is inquiring about how Heritage Chapter volunteers can contribute. Volunteers are needed to write our activities for the newsletter and web site per Dick Beham.

The many Bluebill volunteers are our core strength to help the community. So as April showers bring May flowers, let us plant hopes and dreams to grow a thriving community and to harvest a sustaining future.

*Have Fun, Ben*

## 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**

**Recap**  
**Chapter Meeting April 26th**

By Micki Brown

Ben Sakamoto, one of our Vice Chairpersons, led the meeting, in the absence of Don Hilt. He welcomed all attendees and called on all those who are veterans to stand and be recognized. This drew a great round of applause as a lot of our members are service oriented and have served in many capacities. He then asked one of these veterans, Doug Hoople, to lead The Pledge of Allegiance to the beautiful flag which flies over our country, the home of the free because of the brave.

Visitors and new members were introduced; remember Don Hilt's challenge to invite others to join our group? Well, it has brought in some activity! Ben continued with birthday announcements, which led us to Adrian Lawler announcing he was 93! Jim Ewing is 71 and Lonnie Stevenson announced she was born on the *original* Memorial Day, May 30<sup>th</sup>, but was not sure of the year ... saying that some days she's younger than others! Amazingly no one had anniversaries to announce.

Micki Brown, co-editor of *The Heritage*, thanked those people who stepped in and picked up her tasks while she was on a two-month vacation.

The Swedish Club, 1920 Dexter Avenue, Seattle, has Swedish Pancake feed on the first Sunday of each month. Put this on your calendar ... and you don't have to be Swedish to enjoy!

**Jim Beasley then introduced our speaker, Helen K. Sernett, Seattle Children's.** Helen has dedicated



her career to helping non-profit organizations attain the funds they need to pursue their missions. She has been with Seattle Children's since 2010 and is proud to have the privilege of speaking on behalf of our community's children. Her work

centers on helping individuals throughout our com-

munity understand and support the mission of Seattle Children's which has 3 main facets: 1) Prevention of illness and injury when possible, 2) The best care when children need it, 3) Cures so that no child has to suffer from disease. She is excited to share with the Bluebills some recent highlights of Seattle Children's work and achievements including news of a recent expansion and the successful out-comes of some recent research conducted at Children's downtown research facility.

To say that Helen was profuse in her thanks to our Bluebill's Chapter, would be putting it mildly. She asked Eileen to come forward and read a beautiful handmade

thank you card from some of the children expressing their gratitude for the care packages received. One important fact brought to our



attention, was Seattle's Children's serves the largest geographic area in the United States, which includes Alaska, Idaho and Montana as well as Washington. A lot of these children (and their parents or families) arrive in Seattle unprepared for the length of stay and the care packages make it just a bit easier for their stay.

She wants everyone to know Children's mission: We believe all children have unique needs and should grow up without illness or injury. With the support of the community and through our spirit of inquiry, we will prevent, treat and eliminate pediatric disease.

She followed the mission statement with the vision to accomplish the mission:

Our founding promise is to care for every child in our region, regardless of their family's ability to pay. We aspire to:

- Provide the safest, most effective care possible.
- Control and reduce the cost of providing care.

(Continued on page 3)

- Find cures and educate clinicians and researchers.

Grow responsibly and provide access to every child who needs us.

Hope. Care. Cure. Helen emphasized the fact that Children's performs research on quite a wide platform, Cystic Fibrosis ("CF") being one of those diseases. One of their leading researchers, Dr. Ramsey, has worked to develop a nebulizer that delivers smaller doses of a medical drug *directly* to a child's lungs to combat infection. Current, conventional medicines that are delivered to adults are too much for children's bodies. With the use of this tool, these children are not only living into adulthood, but are also living into having grandchildren.

Dr. Ramsey wasn't satisfied though, as she wanted to determine the actual root cause of CF. She and teams in the U.S. and internationally, have developed a drug that can address patients who have only one of CF's two steps. These teams are realizing success with these children and are now tackling those children who have the "two step" form of CF – a much tougher challenge.

Helen next addressed the issue of research for cancer in children. The treatments such as chemo therapy and radiation that adults can endure have more long-term side effects for children whose bodies are not fully developed, such as hearing loss, losing eyesight, stunted growth and having long term dental problems – all things that parents face must sign off on when making life saving treatment decisions for their children.

Another of their researchers, a Dr. Michael Jensen, is taking up this challenge. Cancer cells are irregular cells in your body and, in theory, your immune system should be searching these out and taking care of your body. Dr. Jensen wondered 'why can't we figure out a way to pull out some of these cells from the immune system, those fighter cells, and do a little reprogramming of them, engineer them a little bit, put them back in the kids' bodies, and let their *own* systems fight the cancer, so that they don't have to submit them to radiation and chemotherapy.' What they hope, if this treatments works, is for the child to have two or three weeks of fighting a really bad flu-infection instead of what we see today, which is years, or a lifetime of side effects of treatments. Dr.

Jensen has worked and worked with his teams and currently has a patient who is receiving this care. They are cautious but very optimistic about this therapy. Obviously this is a procedure to be watched.

Helen showed us a video about the care Children's provides as well as their new 330,000 square foot addition, which was just opened on April 21, 2013. The addition added 80 much needed beds and an emergency room. Helen closed with a question and answer period and again thanked the Bluebills for all our support. Please go out to their website and decide how you want to help. <http://www.seattlechildrens.org/ways-to-help/volunteer/>

Zip Zuther recognized the Bluebills for all they've done for the Seattle Cancer Care Alliance and Children's Hospital. Janice Hawes and all the Busy Bees were thanked for their contributions as well as the contributions from Don Hilt, Lonnie Stevenson and Maybelle Brickley. What a wonderful job they've all done!

Dick Beham encourages all of you, to submit articles as you are volunteering to cover your activity – pictures are welcome as well – as to what you are doing and how you're doing it. We like bragging about what all of you are doing for our community and really appreciate the contribution to the newsletter. Articles and pictures can be submitted via email to [BBEditor@live.com](mailto:BBEditor@live.com). All of the newsletters are posted on the Heritage web site in full color along with links to PowerPoint presentations that are usually from our speakers. You can also check out the photos that are taken of you – take a look at: <http://www.bluebills.org/heritagenewsletters.html>.

Ben closed the meeting with the drawing of our door prizes. Our next meeting is Friday, May 31<sup>st</sup>.

## UPCOMING VOLUNTEER OPPORTUNITIES

By Maybelle Brickley

A request for volunteers has been received from Evergreen Health Hospice. As many of us know, Hospice is a wonderful help to those that need more care than a family can provide. This is such a blessing to not only the person who needs the care but also the family who is caring for the patient.

They are asking for a commitment of two to four hours a week for the volunteer to visit patients in their homes throughout King County. If this is something that you feel you are able to do, please contact their volunteer coordinator. A background check, health clearance and three day hospice volunteer training will be required.

Agency: Evergreen Health Hospice  
 Volunteer Coordinator: Criss East  
 Telephone; 425-399-1049

**TENT CITY ...NICKELSVILLE**

*By John Morovich*

There is a continuing need for the usual donated items, but a special need for sleeping bags blankets, non perishable food, Wet Wipes (Purell), and other personal hygiene items.

It is difficult for the residents to keep things dry due to our wet weather. We can never give them too much.

**BUSY B'S**

*By Janice Hawes*

A morning in the life of the Busy Bee's. We get together at 10:00 (some of us start at 9:00) on Tuesdays and Thursdays and start working on our various projects. Since we have a lot of places that we donate to, it's fun to choose what kind of quilt we will each make, and even more fun to pick out the fabric, which thanks to all the donations we get, we have a lot to choose from.

Recently we made long pants for Child Haven and Bambi and Jim delivered 40 pairs of them to the Child Haven in Auburn. In a while, we will start making short pants for them for summer, which I'm sure will arrive sooner or later.

Yoshi Akers always brings goodies for all to nibble on and we certainly appreciate her doing this. This gives us a chance to take a break from our sewing machines and socialize a bit.

If you want to see us in action, drop by for a visit. (We don't meet on the second Tuesday of the month).



*Picture Jim Lee took of some of us with the Child Haven long pants. Pictured are Jean Derheim, Janice Hawes, & Joyce Hassler. Others that made pants also are Lana Mitsules, Yoshi Akers, Karen Baker, and Lisa Nyreen.*



**Dateline April 16 and 17, SeaTac Int'l Airport at 0730, and 1130 am**

*By Lonnie Stevenson*

USO volunteers welcomed submariners of the USS OHIO who were flying in from Japan and Houston.



They were greeted with flowers, hugs, smiles, food, beverage, and info at the baggage claim area of their inbound flight.

**Speaker for May 31<sup>st</sup> Chapter Meeting**

*By Jim Beasley*

***Katie Von Derau, Supervisor Washington Poison Center***

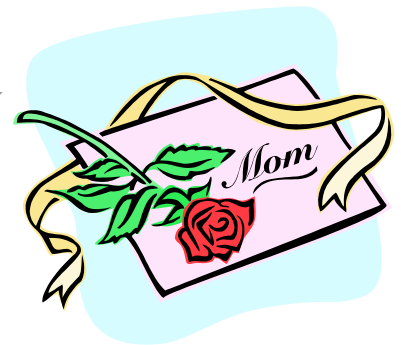
Katie began her career in 1981 as a Registered Nurse in a 40-bed Pediatric unit in northern Kentucky. In 1991 she became a Certified Pediatric Nurse (CPN) and worked as a night Charge Nurse in a Pediatric Intensive Care Unit in Seattle, WA. She has held a Washington State Poison Information Specialist Certification since 1994, and became certified in 1997 as a Specialist in Poison Information (CSPI) by the American Association of Poison Control Centers (AAPCC).

Since 1998, she has provided guidance and support to the Center's multi-disciplinary team of pharmacists, nurses, and poison specialists that respond to over 200 calls daily regarding medication, chemical, environmental, or plant exposures and questions. She works closely with Medical Toxicologists and participates in the center's professional and public education programs.

She has expertise in patient and family teaching and interventions, and frequently acts as a resource person, or mediator. 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, as well as numerous abstracts in toxicology journals.

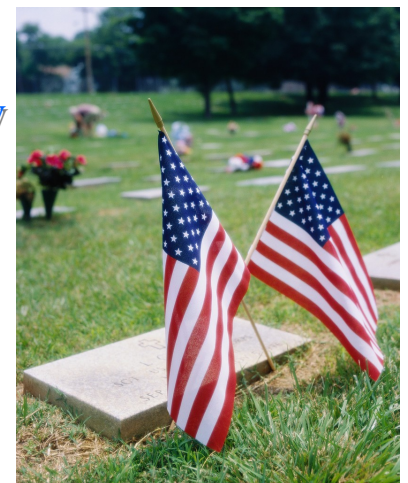
***Lest we forget***

**Mothers Day  
May 12th**



**Armed Forces Day  
May 18th**

**Memorial Day  
May 30th**



**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**

- |                                   |  |
|-----------------------------------|--|
| <b>Don Hilt</b>                   | <b>Chairman</b><br>dphilt1980@aol.com  |
| <b>Helen Lowe</b>                 | <b>Vice Chairman</b><br>kittyczech@yahoo.com                                     |
| <b>Bob Stubbs</b>                 | <b>Vice Chairman</b><br>bstubbs_2000@yahoo.com                                   |
| <b>Ben Sakamoto</b>               | <b>Vice Chairman</b><br><a href="mailto:msakamoto@msn.com">msakamoto@msn.com</a> |
| <b>Roland Machado</b>             | <b>Agency Relations</b><br>ramachado2@comcast.net                                |
| <b>Norma Vaughn</b>               | <b>Office Manager</b><br>abbyrose00@MSN.com                                      |
| <b>Eileen Bear</b>                | <b>Retiree Assistance</b><br>pussycat12@comcast.net                              |
| <b>Maybelle Brickley</b>          | <b>Volunteers</b><br>maybelleib@msn.com  |
| <b>Millard Battles/Dick Cihak</b> | <b>Education</b><br>mtbattles@aol.com / dickcihak@aol.com                        |
| <b>Karen Baker</b>                | <b>Historian</b><br>bakerkm2@comcast.net   |
| <b>Ron Hanson</b>                 | <b>Computers</b><br>hansonis@aol.com   |
| <b>Dick Beham</b>                 | <b>Newsletter—Webmaster</b><br>rsqdncr@foxinternet.net                           |
| <b>Janice Hawes</b>               | <b>Busy B's</b><br>j.s.hawes@comcast.net   |
| <b>Jim Beasley</b>                | <b>Speaker Coordinator</b><br>jimcarlab@hotmail.com                              |
| <b>Jim Lee</b>                    | <b>Special Projects</b><br>jimtleee@comcast.net                                  |
| <b>Fran Parker</b>                | <b>School Supplies for Children</b><br>parker33@q.com                            |
| <b>Micki Brown</b>                | <b>Newsletter co-editor</b><br>bbbeditor@live.com                                |

**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>May</b>	<b>Kent</b>	<b>Bob Stubbs</b>
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>May 16</b>	<b>Heritage Leadership Meeting</b>
<b>May 31</b>	<b>Chapter Monthly Meeting</b>
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

## May 31, 2013

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

**Speaker:** Katie Von Derau, RN, CPN, CSPI  
Supervisor Washington Poison Center

**Topic:** " *Washington Poison Center*"

**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.

