



BOEING RETIREE VOLUNTEER PROGRAM



The Boeing Company  
Box 3707 M/S OF-KA  
Seattle, Wash. 98124-2207

# Sno-King Boeing Retiree Volunteers General Meeting

*Our speaker this month will be—*

*Paulette Jacobson, Volunteer Services Manager of the RSVP*

**Boeing Everett Employees Activity Center  
June 25th—4th Thursday, 1:00 PM**

**Come early and share a snack and coffee and socialize**

**Bring another Boeing retiree—Bring dry food staples for the Food Bank**

**SNO-KING BOEING RETIREE VOLUNTEERS OFFICE & MEETING ROOM**

Located in the Boeing Everett Activity Center which is 2½ miles North of the Boeing Everett Plant

From either direction (East or West) on Highway 526 (Boeing Freeway), take the Seaway Blvd turnoff. Proceed northerly for approximately 2½ miles. The Activity Center is at the top of the next hill after you drive down through the big curve in the gully.

Lots of parking in front of the building.

**Chairman's Report**

On June 11, three members of our group received the Presidential Award for donating more than 4,000 hours of their time to their local community. The three recipients were Pat Colyer, Jean Nielsen and Ella Krull. (Because she was unable to attend the event, Pat's award will be presented to her at the June meeting by Paulette Jacobson, the Volunteer Services Manager of the RSVP.) The celebration was held at the Holiday Inn in Everett. It was sponsored by the RSVP, the Retired Senior and Volunteer Program, a federal program sponsored by Catholic Community Services of Snohomish County.

Next month, on July 23rd, our annual picnic will take place at Kasch Park, located just east of Paine Field. Dave Skinner and his extended family will operate the barbecue as usual. Soft drinks will also be provided. You are asked to bring a side, salad or dessert to share. There will be a guide for suggestions elsewhere in this newsletter. Potential new members and family members are welcome! Yes, July IS one month earlier than in the past, but it is hoped the weather will be better as a result of this change.

*Bob Krull*



This is the pin received by each of the honorees at the event.

Above is the group shot of all the honorees with Paulette Jacobson. The photo of Ella Krull was taken elsewhere.

**Volunteer Hours**

**H**i All,  
 It is time to submit your Bluebills volunteer hours for the month of May or any previous month. If you have hours that have not been reported, you may submit those also. Thanks for your input.

*Max*

**Presidential Award Honorees**



**This newsletter**

This newsletter is also on our website in [living color](#)

<http://www.bluebills.org/snoking.html>

## Sew N Sews

### HOORAY, HOORAY!

One certain person in the Sew n Sews just recently made it to over 100 – to be exact – 101 baby afghans. **ELLA KRULL** brought in 10 more crocheted baby afghans to bring her total amount to 101. She started bringing them in several years ago and, in between other projects, continued on with the baby afghans. Then just recently it was noticed that she had reached 91 and now on May 28 she brought in 10 more and that pushed her count to 101. I think that it is awesome and this shows how dedicated she has been to just keep crocheting another row. **ELLA** is also receiving the Presidential award this month for her many hours of service work.

Many thanks to –

**CAROLYN JACOBSEN** for bringing in a knitted baby afghan. **CAROLYN** is one of our newest members and has just jumped right in with community service. Last month she made those gorgeous Seahawks hats. We are lucky to have you join us.

See photos of the above.

Submitted by,

*Rose*

## Confession from the Newsletter Editor

I feel like a total fool! Last weekend, my daughter and I had a photo opportunity planned, and I prepared my camera equipment carefully so I would be all set. That process included charging camera batteries, clearing memory cards and cleaning lenses. I also prepared my point and shoot camera. That process also involved reviewing the photos on the memory card. I glanced at the first couple of shots on the card, and recognized that I had already gone through them and so I cleared the card. I was ready for the shoot!

Then yesterday I suddenly realized something. I had removed all of the photos, including the ones I had taken at the last meeting. Before I had saved them onto my computer for inclusion in this newsletter. Before I had done anything with them!

And the kicker in this situation? The photo shoot was a complete bust! We had gone to the Cougar Mountain Zoo in Issaquah to visit the Tiger Tunnel and get great shots of the tigers, as well as the other animals. No such luck! The glass in the tunnel was foggy and the other animals were surrounded by double bars, so no clear shots. Bummer! *Diane*

## Volunteer Opportunities

### CURRENT/ONGOING –

**FLYING HERITAGE COLLECTION (PAUL ALLEN'S)** that showcases rare WWII-era military aircraft has volunteer positions available. Commitment is 6-8 hours a month May to September. For details contact Elena Garcia 206-342-4245 or email [elenag@flyingheritage.com](mailto:elenag@flyingheritage.com).

**SCIENCE RESOURCE CENTER** – at Hawthorne School in North Everett. (North on Broadway, turn east on 12<sup>th</sup>, left at first stop sign and follow the road to the smaller parking lot at back of school.) Helpers are needed Tuesday, Wednesday or Thursday from 8:30 am to 1:00 pm and can be mostly a sit down activity. Contact Lee Thomas [robtlee@frontier.net](mailto:robtlee@frontier.net).

**ST. JOSEPH'S HOUSE** – 1925 4<sup>th</sup> St. Marysville, WA. Helpers are needed mainly on Tuesday, Thursday and Saturday. [www.saintjosephshouse.org](http://www.saintjosephshouse.org). Job consists of sorting through donations, assisting clients, clean up, stock shelves, etc and involves moving around a lot. Clients shop here for free clothing and housewares.

**PROJECT LINUS** – sewing groups that meet at various locations throughout the area. Quilts are made and donated to a variety of agencies and are mainly for children up to age 18. A person can either sew a complete quilt or do a partial project, for example – cutting blocks, assembling blocks for a quilt, sewing just the blocks, quilt tying, etc. You can do your part at home or in a group setting.

**SEW N SEWS** -- part of Sno-King Bluebills. This is open to those who like to sew, knit or crochet. Quilts and other items such as hats, scarves and afghans are all donated to a variety of agencies in the local area for the low income and homeless.

### UPCOMING VOLUNTEER OPPORTUNITIES

**July 25 - SKY FAIR.** FHC – (Flying Heritage Collection). About 130 volunteers are needed for traffic control, checking in volunteers, phones, etc. The event is for one day, volunteer commitment is for 3-4 hours and you don't need airplane knowledge. All volunteers get free entrance. Aircraft lineup – F-86, MIG-15, DC-3, P-47, FW190, B-25, Hurricane, Zero and some others. For more info and to sign up contact Elena Garcia at 206-342-4245 or email [volunteer@flyingheritage.com](mailto:volunteer@flyingheritage.com).

## Volunteer Opportunities, continued

### OTHER VOLUNTEER OPPORTUNITIES AVAILABLE –

**SHARING WHEELS** 2531 Broadway, Everett, 425-252-6952 holds work parties throughout the year to prepare used bikes for kids. All the tools are available plus assistance and there are lots of bikes to be reconditioned.

Numerous **FOOD BANKS** and **COMMUNITY GARDENS**. There are a variety of locations with varying days and times of commitment. Contact RSVP John McAlpine at [johnm@ccsww.org](mailto:johnm@ccsww.org) or call 425-374-6374.

**CARL GIPSON SENIOR CENTER** – 3025 Lombard, Everett 425-257-8780 or [www.everettwa.gov/seniors](http://www.everettwa.gov/seniors). Volunteers help with coffee bar, meal times, bingo etc.

**SERVING MEALS FOR HOMELESS AND LOW INCOME in EVERETT** – each day of the week either a church or other non-profit agency provides a free meal – either lunch or dinner. Helpers are always needed for table preparation, serving food, clean up, etc.

For more info re: any of the above, contact Rose Johnson 425-259-4309.

Submitted by,  
*Rose Johnson*

## Annual Picnic

This is just a reminder that our annual picnic is scheduled for noon Thursday, July 25th at Kasch Park. Suggested menu distribution

A to H	Casseroles/Sides
I to P	Salads
Q to Z	Snacks/Goodies

Lawn chairs might also be desired as there is limited seating in the pavilion.



## CLC Meeting

*I was not back from Oregon in time to attend the May CLC meeting, but here is some information for the members:*

**James Bailey** has volunteered to help Alan Gale maintain the Sno-King database on the computer provided by Boeing in our office in the Activity Center. Alan has done it alone for many years. The database contains all the member names, addresses, etc., which change frequently—a big job to keep current!

It is not an easy job to gain access to the Boeing computer network. CLC member, Norma Vaughn has to approve the need for such access and provide forms to James to complete to get a computer access card. These forms are then sent to GCC for approval.

Submitted by,  
*Stan Shipley*

## The Funny Things in Life

The biggest lie I tell myself is...“I don’t need to write that down, I’ll remember it.”

Wouldn’t it be great if we could put ourselves in the dryer for ten minutes; come out wrinkle-free and three sizes smaller!

Lord grant me the strength to accept the things I cannot change, the courage to change the things I can and the friends to post my bail when I finally snap!

I don’t have gray hair; I have “wisdom highlights.” I’m just very wise.

My people skills are just fine; it’s my tolerance for idiots that needs work.

If God wanted me to touch my toes, he would’ve put them on my knees.

The kids text me, “plz,” which is shorter than “please.” I text back “no,” which is shorter than “yes.”

I’m going to retire and live off my savings. Not sure what I’ll do the second week.

When did it change from “We, the people” to “screw the people?”

Even duct tape can’t fix stupid ... but it can muffle the sound!

Why do I have to press “1” for English when you’re going to transfer me to someone I can’t understand?

At my age, “Getting lucky” means walking into a room and remembering what I came in there for.

Chocolate comes from cocoa, which is a tree ... that makes it a plant, which means ... chocolate is Salad!!!

## Self-Esteem in Older Adults

Self-Esteem: is your opinion of yourself; how you see yourself. How you feel about your strengths and weaknesses and your worth.

Changes in health, roles, activities, and lifestyle as we get older may affect self-esteem. Some may feel less important as they may have to depend on others more. It can be harder to feel good about yourself [under those circumstances].

Losses, lack of meaningful activity, low income can all contribute to feelings of low self-esteem.

Increasing Self-Esteem:

- ◆ Take good care of your body. Eat, sleep, exercise.
- ◆ Take control of your time. Be active with hobbies, new interests, etc.
- ◆ Take control of your social life. Get active at church, a social club or group, etc.
- ◆ Be assertive in social situations at home. When you behave as though you deserve good treatment you feel better about yourself.
- ◆ Make positive statements about yourself.
- ◆ If something goes wrong, be careful about blaming yourself. If you are responsible, accept it, repair it, and move on. You can make mistakes and still be a good person.
- ◆ Volunteer to help others.
- ◆ Be aware of negative thoughts. Challenge these negative thoughts.
- ◆ Talk with a support [person or group] about possible causes of low self-esteem from your childhood. Learn to become more loving of yourself.

From the New Hampshire Core Physicians Group—  
2010

### Positive Affirmations for Self-Esteem

- ◆ I am lovable just the way I am.
- ◆ I am a unique and special person. There is no one else exactly like me in the entire world.
- ◆ I am a valuable person, worthy of the respect of others.
- ◆ I deserve to be supported by the people who care for me.
- ◆ I can ask for help when I need it.
- ◆ I don't have to be perfect to be loved.
- ◆ I am learning to recognize and take care of my needs.
- ◆ I am able to take life one day at a time.
- ◆ I am learning to believe in my unique worth and capabilities.
- ◆ I am learning that it's okay to make mistakes.
- ◆ I am learning to let go of...(guilt, shame, worry, anger, doubts, fear...)
- ◆ I am learning to feel more confident in \_\_\_\_\_.
- ◆ I am learning that I have a right to \_\_\_\_\_.
- ◆ I am learning that my needs and feelings are just as important as anyone else's.
- ◆ I trust and respect myself and am worthy of the respect of others.
- ◆ I love myself just the way I am.
- ◆ The more I love myself, the more I am able to love others.
- ◆ I am learning to relax and tolerate a little disorder and ambiguity.
- ◆ I can let go and trust that things will work out.

Select your favorite affirmations from the list—or ones that you wish to construct—and read them slowly and with feeling once or twice a day. You might try doing this while alternately looking at yourself in a mirror, rewording the affirmation in the second person (i.e., “You are capable and lovable,” rather than “I am capable and lovable.”)

Adapted from *The Anxiety & Phobia Workbook*, Edmund J Bourne, Ph.D.

**In Memorium**

Beverly Innes  
Herb Williams

**New Members**

Ray Gilbert  
Louis Turner  
Bert Knopp

**June Program**

In addition to the update from Paulette Jacobson, Volunteer Services Manager at RSVP, regarding the changes in volunteer activities recognized for the Presidential Award, there will be a video.



Materials in the Boeing 787

**DATES TO REMEMBER!!**

**Sno-King Boeing Retiree Volunteers Meeting, Thursday, June 25th at 1:00 PM**

**This month's speaker will be**

**Paulette Jacobson, Volunteer Services Manager of the RSVP**

**Annual Picnic—Kasch Park, July 23rd, 2015 at 12:00 Noon**

**Sno-King Boeing Retiree Volunteers Council E-mail / Phone List**

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