



# The Heritage

Heritage Chapter Bluebills  
Boeing Retiree Volunteer Newsletter

October 2017

WWW.BLUEBILLS.ORG

VOLUME 23 ISSUE 10

## *Chairman's Corner*

By Jim Orchekowsky



We used a new microphone system today, which is great after having our old one turn up missing. We looked for a new system like the former one, but no luck. However, Millard Battles selected the new one and funded it out of his pocket. The Bluebills will reimburse him. Thank you, Millard!

The Heritage Group will cover family Day at Boeing Field this weekend. They will be sharing the great experiences of being a Bluebill. Everyone is encouraged to spread the word to future retirees.

The need for an election of 2018 officers is coming up. Give us your voter selection after talking to the candidate. Four positions are available this year, so join the fun and provide new ideas.

This year's Volunteer of the Year luncheon will be held on November 1st, at the Doubletree Suites by Hilton near Southcenter. Letters with details and meal choice (salmon or beef) return slips are in the mail. There are plans for great entertainment again this year, so return your reservation slip ASAP. Be there!!

Every book is a self-help book.

Enthusiasm is everything – it must be taut and vibrating like a guitar string.

Failure seldom stops you. What stops you is the fear of failure.

I'm a believer in luck. I find the harder I work, the more I have of it.

**The Heritage Chapter's 23rd Annual Recognition Luncheon for Outstanding Volunteer Service by Heritage Chapter Bluebills will take place on Wednesday, November 1, 2017, at the Doubletree Guest Suites, 16500 Southcenter Parkway, Southcenter, Seattle, WA., social hour at 11:00 a.m. with lunch served at 12:00 noon. Cost is \$10 per person.**

**Invitations were mailed to you on Thursday, September 28th. If you have not received your letter, please call the office at 206-544-6286, leave a message and we will return your call as soon as possible.**



**Busy B's**

*by Janice Hawes*

The Busy B's are getting ready to work on Christmas quilts soon to be given to Child Haven and Seattle Children's Hospital. We have about two months left in our Busy B calendar before we take a break.

We recently received a sewing machine from Sunni Rudd. Thank you Sunni. It's an older Kenmore, in good condition, and like the sewing machines of the past, is very well constructed and solid! Nancy Lee Davidson delivered it to me and we appreciate both of these lovely women.

Meri England dropped by the Busy B room to give us some packages of Warm and Natural batting and some baby hats she crocheted. While she was there she volunteered to take 45 baby hats to the Valley Medical Center babies. She also volunteered to make some afghans. The afghans go to nursing homes.

Our long time maker of afghans and hat, mitten, and scarf sets, Estelle Mead has decided to retire from doing this. She says it's been over 14 years that she has been crocheting for us. I wish we had kept count of how many she has made over the years. It would add up to an incredible amount. She hopes others will step up and make these items to continue our Christmas giving. Meri has been the first to do so. We are able to give yarn to anyone to make afghans, when we have it. It is also a donated item and we always need it. They can be any size, especially lap robe or maybe ones suitable for wheel chair use.

We will miss Estelle's work and appreciate all she has done for us and the community. Thank you so much Estelle. Also thank you Jim Lee and Bambi for driving to Centralia to take her yarn and bring back her finished products.

Next month I will be bringing a Christmas quilt to our monthly meeting to display. It will be raffled off at the December potluck. The tickets will be \$1.00 as usual. The quilt was made by Joyce Hassler who is still home recovering from a back problem. We really miss her!! and will be so happy when she's able to join us again.

*Washington*  
**STATE FAIR**

Do you "Do The Puyallup"?

Thanks to all Bluebills who signed up for supporting our booth at The Puyallup Fair (aka, The Washington State Fair). Thanks especially to Richard, Norma and all who contributed (like the Busy B's great displays, which caught a lot of attention).





The *Heritage Chapter of Bluebills* hosted a booth the first four days of the fair, September 1st - 4th. We handed out our *Bluebills Heritage Chapter* pamphlets, questionnaires and a newsletter. We also had paper airplanes for visitors to practice their folding skills – for the young and old alike!

– Micki Brown

## USO Northwest Volunteer Luncheon

By: Lonnie Stevenson



The event: WA National Guard located at Camp Murray hosted our annual USO Northwest Volunteer luncheon.

We got to climb in, as well as learn about,



some of the equipment they use/fly. And NO, NO rides this time.

At the lunch we met and listened to a very informative segment about what the

National Guard actually does for our communities, cities, states, and country from:

**Bret D. Daugherty** who is a **Major General** and the current (since 2012) **Adjutant General of Washington State**. In this role, he is the commander of the entire **Washington National Guard**, including both the **Washington Army National Guard** and the **Washington Air National Guard**. He was previously Assistant Adjutant General under Timothy Lowenberg (from 2009 to 2012).



We all totally enjoyed the experience.

In the pictures are a Black Hawk Helicopter, a striker vehicle (and they even had a tiny put together model of their striker), a communication vehicle, and a jeep at the National Guard Museum where after lunch we also toured.

**You can View your Monthly Newsletter in Color and Connect to the linked articles and programs on the Web at**  
<http://www.bluebills.org/>



## September Chapter Meeting Recap

By Mary Ulibarri

Jim Orchekowsky started the meeting with the Pledge of Allegiance. He then introduced a new member, Ole Brandal, who told us a little about himself. It should be noted that after Ole attended the August meeting, he jumped right in and took a shift at the Washington State Fair Bluebills booth.

Next, a number of September birthdays were recognized – Don Hilt, Marcia Phelps, Gloria Thayer and Norma Vaughn. There were three anniversaries – the Hilt (37 yrs.), the Leydens (19 yrs.) and the Mobergs (61 yrs.).

Oscar Olague reported, thanks to the Busy Bs, he delivered 20 medical dolls, four blankets and one quilt to the Seattle Cancer Care Alliance. Well done! He also mentioned that he visited with Zip Zuther who looks good, is doing much better these days and expressed his gratitude for the cards and phone calls from folks.

Richard Vaughn called Micki Brown and Janice Hawes to the front of the room and presented them each with certificates of a job well done in connection with the Washington State Fair in Puyallup. Janice did a wonderful job supplying the booth with materials and decorating it with wonderful examples of all the work the Busy Bs accomplish. Micki was instrumental in lining up volunteers to man the booth consisting of four shifts per day for four days. She thanked those folks for their selfless response to her requests for help, especially Meri England and Heinz Gehlhaar for taking multiple shifts. And she recognized Richard's expert guidance and time in overseeing the project. In turn, Richard thanked Norma for her help and her committed efforts keeping the office running.

Norma reminded folks that the Central Leadership Council needs to fill four positions for next year and urged the members to consider bringing their fresh ideas to the group. The positions run for two years and involve one meeting per month.

Great news for those of you who have a Boeing anniversary watch and need a new battery. Thanks to Tom Moberg and myself, here are two places where they will do it free of charge: Watch Repair, Etc., 2024 148<sup>th</sup> Ave. N.E., Redmond, WA 98052, (425) 747-1211 and Westfield Southcenter, 1129 Southcenter Mall, Tuk-

wila, WA 98188, (206) 439-3999.



Jim Beasley then introduced the featured speaker, Barbara Demorest, who shared information about the Knitted Knockers Support Foundation. Before getting into that aspect of her presentation, Barbara provided background into her personal motivation for this cause.

She is a recently retired mother of two adult sons, wife of an awesome husband of 46 years and Grandmother to four beautiful grandchildren. Her mother taught her to knit and crochet as a young girl and some of her fondest memories are of her Mom and her sitting on the sofa together knitting. Many quality life lessons were learned there. Who knew that those simple skills would later change her life?

Barbara was a successful, professional career woman, a CPA who did taxes for over 30 years, when she heard the words that no one wants to hear, "You have cancer." As devastating as those words can be, she later learned that some of life's joys come out of the darkest journeys.

After undergoing a mastectomy, Barbara looked for solutions to help her look "normal." Her doctor surprised her with the fateful words, "Can you knit?" Then is where her life changed for the better! A good friend, Phyllis Kramer, knit her a beautiful knitted knocker and that simple gift of comfort and dignity knit by a caring friend changed her life! She knew immediately that these needed to be provided to doctor's offices so that women could pick them out and take them home. She was inspired to become a friend to all the women out there that may not be able to knit or crochet their own. Barbara proceeded to create a tasteful website, [knittedknockers.org](http://knittedknockers.org) where knitters and crocheters could be inspired and equipped to make knitted (and crocheted) knockers for their own communities. There are now 250 registered providers in 50 states, 14 countries and 250 medical clinics supplying free knitted knockers to their patients. Who knew, what an amazing, giving, char-

ity minded group of crafters were out there willing to give of their time and talents to help others.

When Barbara’s son recently asked if she could go back and not have heard those words, “you have cancer” would it change things? She can honestly say, no, because it has given her and many others such passion and purpose so she would not change a thing.

So, with the help of her friend Phyllis’ knitting skills, Barbara's life was changed. She then made it her personal mission to give this gift of confidence to others going through the same thing.

Knitted Knockers Charities is a nationwide 501 (c)(3) non-profit that provides free Knitted Knockers to women who have had a mastectomy. They are a light comfortable knitted prosthetic that when placed in a bra have the shape and feel of a real breast, and are more comfortable than silicone prosthetic breasts.

These are made and donated by hundreds of volunteers across the country, then checked, sized and packaged for free distribution to mastectomy patients. Since the group began in 2010, and thanks to volunteers from around the world, they have given away over 8,000 knitted/crocheted knockers to women in all 50 states. Check out their website at KnittedknockersUSA.org.



Barbara closed her great presentation by taking a number of good questions and encouraged the attendees to check out the brochures and

items at the display table where two of her good friends would answer more questions.

On a related note, Helen Lowe spoke about an online site, which is running a special discount offer until the end of October for cancer genetic testing (BRCA1 and BRCA2). For more information, here is the website: <https://www.color.com/product/brca-genetic-test?ref=banner>. Thank you, Helen.

The attendees also spent some time looking at

the wonderful crafts on display provided by a few of our talented Bluebill members. Thank you all for sharing the results of your special skills.

Jim concluded the meeting with the door prize drawing.

Reminder

Report your Volunteer Hours

By

Email: [Bluebills@boeing.com](mailto:Bluebills@boeing.com)

Or

Phone: 206-544-6286

Or

Mail: To Address on Form

Or

Bring Completed Reporting Form  
to the Monthly Meeting

**MEDICARE OPEN ENROLLMENT  
BEGINS OCTOBER 15 – START RE-  
VIEWING YOUR PLAN NOW**

*By Kirk Larson Social Security Washington Public Affairs Specialist*

With more benefits, better choices and lower costs, the Social Security Administration is encouraging people with Medicare and their families to start reviewing drug and health plan coverage options for 2019. The Medicare Open Enrollment Period will start in October and end December 7. Finding the right plan to work with Medicare is very important. This will give seniors and people with disabilities time to compare and find the best plan that meets their unique needs.

As the largest public health program in the United States, Medicare has 4 parts to keep you covered:

**Part A** (Hospital Insurance) helps cover inpatient hospital care, skilled nursing care, hospice care, and home health care. Most people get Medicare Part A premium-free since it is earned by working and paying Social Security taxes.

**Part B** (Medical Insurance) helps cover services from doctors and other outpatient health care providers, outpatient care, home health care, durable medical equipment, and some preventive services. Most people pay a monthly premium for Part B. Some high-income individuals pay more than the standard premium. If you don't enroll in Medicare Part B during your initial enrollment period and then decide to do so later, your coverage may be delayed and you may have to pay a higher monthly premium for as long as you have Part B.

**Part C** (Medicare Advantage) allows you to choose to receive all of your health care services through a provider organization. This plan includes all benefits and services covered under Part A and Part B, usually includes Medicare prescription drug coverage, and may include extra benefits and services at an extra cost. You must have Part A *and* Part B to enroll in Part C. Monthly premiums vary depending on the state where you live, private insurer, and whether you select a health maintenance organization or a preferred provider organization.

**Part D** (Medicare prescription drug coverage) helps cover the cost of prescription drugs. Many people pay a premium for Part D. However, people with low income and resources may qualify for *Extra Help* to pay the premium and deductible. If you don't enroll in a Medicare drug plan when you're first eligible, you may pay a late enrollment penalty if you join a plan later. You will have to pay this penalty for as long as you have Medicare prescription drug coverage. To see if you qualify for extra help visit [www.socialsecurity.gov/prescriptionhelp](http://www.socialsecurity.gov/prescriptionhelp).

Using Medicare's Plan Finder – available at [www.medicare.gov/find-a-plan](http://www.medicare.gov/find-a-plan) – can help you find the best plan in your area. You can also see if your current plan is highly rated or may have some issues. You have the option to complete a general or personalized plan search. A personalized search may provide you with more accurate cost estimates and coverage information.

If you need help finding the right plan, you can contact the Statewide Health Insurance Benefits Advisors (SHIBA). SHIBA is part of the Washington State Insurance Com-

missioner's consumer protection services designed to help answer your health care questions. You can get free, unbiased assistance with Medicare health care choices using their website at <https://www.insurance.wa.gov/> or call at (800) 562-6900.

Each year there are changes to Medicare program and it is important to keep up and understand how the changes can benefit or cost you more money. Visit [www.medicare.gov](http://www.medicare.gov) or [www.socialsecurity.gov](http://www.socialsecurity.gov) for more information.

## **Protecting Your Social Security**

*By Kirk Larson Social Security Washington Public Affairs Specialist*

At Social Security, protecting your personal information is more important than ever. We continue to evaluate and improve our robust cybersecurity program to safeguard your information. The thing is, we can't do it alone. You can help us secure your information by taking one of these steps:

Open your personal [my Social Security](#) account. A [my Social Security](#) account is your gateway to many of our online services. Create your account today and take away the risk of someone else trying to create one in your name, even if they obtain your Social Security number.

If you already have a [my Social Security](#) account, but haven't signed in lately, take a moment to [login](#) to easily take advantage of our [second method](#) to identify you each time you log in. This is in addition to our first layer of security, a username and password. You can choose either your cell phone number or your email address as your second identification method. Using two ways to identify you when you sign on will help protect your account from unauthorized use and potential identity theft. If you suspect identity theft, report it to our [Office of the Inspector General](#) and visit [www.identitytheft.gov](http://www.identitytheft.gov).

If you know your Social Security information has been compromised, and if you don't want to do business with Social Security online, you can use our [Block Electronic Access](#). You can block any automated telephone and electronic access to your Social Security record. No one, including you, will be able to see or change your personal information on the internet or through our automated telephone service. If you block access to your record and then change

your mind in the future, you can contact Social Security and ask us to unblock it after you prove your identity. This resource is available to certain victims of identity theft and those who need extra security.

We will continue to do our part to protect what's important to you. And we'll continue to advise you on how to protect yourself.

## **ONE FACT YOU SHOULD KNOW ABOUT DISABILITY**

*By Kirk Larson Social Security Washington Public Affairs Specialist*

Disability is something many people aren't faced with in a direct way. The reality is, a 20-year-old worker currently has a one-in-four chance of becoming disabled before reaching retirement age. In Washington there are over 178 thousand people receiving disability payment. In Idaho there are over 44 thousand. Nationally there are over 8.75 million. That makes Social Security disability benefits something you should learn about and understand.

One fact you should know is Social Security's definition of disability: the inability to work because of a severe condition that is expected to last for a year or end in death.

Social Security disability benefits replace part of your income when you become disabled and are unable to work. Other disability programs may have partial disability or short-term disability, but federal law requires a stricter definition of disability for Social Security benefits. The definition of disability used to qualify you for Social Security Disability Insurance is generally the same one that is used for Supplemental Security Income benefits.

Most people focus on the medical severity of their condition when filing for disability benefits. They provide medical records that show how severe the condition is. Since Social Security defines severity in terms of being unable to work, we also need complete work information.

You can read a description about the process of evaluating whether you can work or not and the severity of your condition in our publication, *Disability Benefits* at [www.socialsecurity.gov/pubs/EN-05-10029.pdf](http://www.socialsecurity.gov/pubs/EN-05-10029.pdf), under the section, "How we make the decision." Understanding how we make the disability decision helps you see the importance of information

you provide about your condition and the types of work you have done. For more information about how we evaluate your work, you should review this section on our website: [www.socialsecurity.gov/disability/step4and5.htm](http://www.socialsecurity.gov/disability/step4and5.htm).

Remember, when you provide the details about your condition and your work, you're creating a picture of your individual situation. These details show the extent of your disabling condition. These are examples of some of the types of specific information we need about your prior work:

- Main responsibilities of your job(s);
- Main tasks you performed;
- Dates you worked (month and year);
- Number of hours a day you worked per week;
- Rate of pay you received;
- Tools, machinery and equipment you used;
- Knowledge, skills and abilities your work required;
- Extent of supervision you had;
- Amount of independent judgment you used;
- Objects you had to lift and carry and how much they weighed;
- How much you had to sit, stand, walk, climb, stoop, kneel, crouch, crawl, balance;
- How you used your hands, arms, and legs;
- Speaking, hearing and vision requirements of your job (s); and
- Environmental conditions of your workplace(s).

Disability is an unpredictable element in our lives. Help us help you by educating yourself about disability benefits, and by providing all the specific information we ask for when you file for benefits. Social Security continues to secure today and tomorrow by providing benefits and financial protection for millions of people throughout life's journey.



**Calendar of Events 2017**

Jan 12	Heritage Leadership Meeting
Jan 27	Chapter Monthly Meeting
Feb 16	Heritage Leadership Meeting
Feb 24	Chapter Monthly Meeting
Mar 16	Heritage Leadership Meeting
Mar 31	Chapter Monthly Meeting
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
Sep 14	Heritage Leadership Meeting
Sept 29	Chapter Monthly Meeting
<b>Oct 12</b>	<b>Heritage Leadership Meeting</b>
<b>Oct 27</b>	<b>Chapter Monthly Meeting</b>
<b>Nov 1</b>	<b>Chapter Honors Luncheon</b>
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
March	Federal Way	Jim & Bambi Lee
April	Maple Valley	Vaughn's
May	Kent	Bob Stubbs
June	Auburn	Martha Battles
July	West Seattle	Marian Herrin
August	Tacoma T	ed & Judy Leyden
September	Renton	Eleanor Skinner
<b>October</b>	<b>White Center</b>	<b>Heinz Gehlhaar</b>
November	Issaquah	Eleanor Skinner
December	Des Moines	Jim Orchekowsky

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# Bluebills Heritage Chapter Meeting

October 27, 2017

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

Speaker: Chuck Wilson, President Washington Prospectors Mining Association and Sultan Mining District

Subject: ***Prospecting in Washington***

*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 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 S 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 turn right on 7th St and then left on Burnett Ave S. Continue three blocks to VFW.

