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The Heritage

Heritage Chapter Bluebills
Boeing Retiree Volunteer Newsletter

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WWW.BLUEBILLS.ORG

BLUEBILLS 30th Anniversary Year



October 25th Chapter Meeting Presentation

By Jim Beasley



Our presenter on October 25th will be **Anna S. Bachmann** Clean Water Program Director, Puget Soundkeeper Alliance. Anna Bachmann joined Puget Soundkeeper

in the summer of 2019 and is the Director of Clean Water Program. She leads the Salmon and Legacy Debris Project, the Lost Urban Creeks Project, and is also responsible for Soundkeeper's Education and Outreach programs, Stewardship activities, Community Science initiatives and its pollution hotline. She has nearly 30 years of experience working on occupational health, biodiversity conservation, environmental education, and water resource protection.



September Meeting Summary

By Mary Ulibarri

Doug Hoople opened the meeting with the pledge of allegiance. Norma Vaughn was the only September birthday in attendance and there are three others on my list: Don Hilt, Lisa Nyreen and Marcia Phelps.

There were only 13 attendees at today's meeting. We are getting very worried the Bluebills are going to fade into the sunset sooner rather than later. It's not very encouraging for the speakers to see such a lame attendance. Please, Bluebills, we'd sure like to see more of you join us each month.

Melinda Stubbs announced there will be a drawing at the December meetings for several quilts handmade by the Busy Bees. Tickets can be purchased at each of the meetings up to and including December.

Jim Beasley then introduced our speaker Melissa Davis, Deputy Opinion Editor, The Seattle Times. Melissa has been with The Seattle Times for 19 years and graduated from the University of Oregon.

Fake news or **information disorder** is false or misleading information. Fake news often has the aim of damaging the reputation of a person or entity, or making money. The term does not have a fixed definition and has been applied broadly to any type of false information presented as news. It has also been used by high-profile people to apply to any news unfavorable to them. Further, disinformation involves spreading false information with harmful intent and is sometimes generated and propagated by hostile foreign actors. Because of this diversity of types of false news, researchers are beginning to favor information disorder as a more neutral and informative term.



The prevalence of fake news has increased with the recent rise of social media and this misinformation is gradually seeping into the mainstream media. It has been determined Russia and Iran are prominent in this behavior.

Fake news can reduce the impact of real news by competing with it. It also particularly has the potential to undermine trust in serious media coverage. The term has at times been used to cast doubt upon credible information.

Multiple strategies for fighting fake news are actively researched, for various types of fake news. Politicians in certain autocratic and democratic countries have demanded effective self-regulation and legally-enforced regulation in varying forms of social media and web search engines.

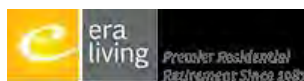
On an individual scale, the ability to actively confront false narratives, as well as taking care when sharing information can reduce the prevalence of falsified information. However, it has been noted that this is vulnerable to the effects of confirmation bias, motivated reasoning and other cognitive biases that can seriously distort reasoning. Because new misinformation emerges frequently, researchers have stated that one solution to address this is to inoculate the population against accepting fake news in general, instead of continually debunking the same repeated lies.

Melissa concluded with a number of questions and comments from the audience. The meeting was adjourned following the door prize drawing.

Busy Bees Report

by Milinda Stubbs

The Bees have been busy. There will be a drawing at the December meeting for several quilts handmade by the Busy Bees. Tickets can be purchased at each of the meetings, for \$1, up to and including December.



October Events at Era Living Communities

Submitted by: Tina Hall, ERA Business Develop Manager

Evaluating Retirement Living Options

October 8 @ 11:00 am - 12:00 pm

University House Issaquah

Join us for an in depth look at the differences in various senior housing and care models. We'll discuss some of the pros and cons of the many options available, including retirement living, assisted living, memory care communities, and more. This presentation will also highlight some of the most overlooked considerations when selecting your next home. Learn how to choose the best fit for your situation, whether for you personally or for your loved one, as well as how to understand when it may be the right time to move.

RSVP: <https://www.eraliving.com/event/evaluating-retirement-living-options/>

Art Show Opening Gala: “On Food, Conviviality & Culture”

October 12 @ 1:30 pm - 3:00 pm

The Lakeshore

Join us for our fall art showcase, where you’ll experience a delightful blend of food, conviviality, and culture. Conviviality, the art of living and learning together, emphasizes the importance of engaging in meaningful dialogue to inspire change. This exhibition features artworks that explore these themes and celebrate the joy of coming together in good company. Enjoy hors d’oeuvres and refreshments created by our chef as you view this wonderful collection.

RSVP: <https://www.eraliving.com/event/art-show-opening-gala-on-food-conviviality-culture/>

Art Show Opening Gala: Resident Showcase

October 16 @ 4:00 pm - 5:30 pm

Ida Culver House Broadview

Join us for our newest art exhibition which celebrates the many talents of some of the residents at Ida Culver House Broadview. Embracing bright colors, the great outdoors, nature’s splendors, and the people that we share it with, this art gala event will showcase a sample of the skills and craftsmanship that resides in our community. Enjoy complimentary hors d’oeuvres and refreshments as you view this joyful collection! Complimentary valet parking will be provided for your convenience.

RSVP: <https://www.eraliving.com/event/art-show-opening-gala-resident-showcase/>

Sleep Well, Age Well: Benefits of Sleep for Older Adults

October 25 @ 10:30 am - 11:30 pm

The Lakeshore

In this presentation, brought to us in partnership with the UW School of Nursing, we will focus on the benefits of sleep for older adults. We will begin by providing an overview of the fundamental elements of sleep and delve into the ways in which sleep profoundly influences one’s overall health. Furthermore, we will dispel common misconceptions while presenting evidence-based truths about the importance of sleep for aging adults. To conclude, we will share practical strategies for improving sleep that can seamlessly integrate into everyday life.

RSVP: <https://www.eraliving.com/event/sleep-well-age-well-benefits-of-sleep-for-older-adults/>

Medications & Brain Health: Preventing & Treating Cognitive Decline

October 29 @ 1:00 pm – 2:00 pm

University House Issaquah

This presentation, brought to us in partnership with the UW School of Pharmacy, will briefly

discuss risk factors for Alzheimer's disease, including medications that might increase risk and worsen cognitive decline. In addition, this session will include a review of medications available to support cognition for those with Alzheimer's disease as well as those that are under development.

RSVP: <https://www.eraliving.com/event/medications-brain-health-preventing-treating-cognitive-decline/>

Art Show Opening Gala: "Capture the Moment"

October 29 @ 2:00 pm - 4:00 pm

University House Wallingford

Join us for a unique exhibition where over 25 artists have been paired with University House Wallingford residents to create works of art that tell their stories. Alongside these works, you'll also see pieces from the "Blades of Change" project, featuring art made with nuclear power cooling blades. Also, experience a live performance from artist Zan Fiskum, who will be performing a live song about the "Blades of Change" project. Enjoy curated hors d'oeuvres and refreshments as you explore this inspiring collection and meet the residents behind the art. This show promises to be filled with joy, creativity and art as unique and fascinating as the incredible residents of University House Wallingford.

RSVP: <https://www.eraliving.com/event/art-show-opening-gala-capture-the-moment/>



Salvation Army Back to School Shopping Report

Hello to all,

A quick note to share the outcomes of the **Back-to-School Shopping with Old Navy** program and the **Red Shield Classic Golf Tournament**.

Our heartfelt thanks to everyone who donated, participated, or volunteered. Please know how much you are appreciated.

- **Back to School Shopping:** From Bellingham to Walla Walla and Aberdeen to Spokane.... together, we brought dignity, grace, and a fresh start to **944** kids, when it matters most to start out as equals in their school community.
- **Red Shield Classic:** No fee in-patient program but costs The Salvation Army \$10k to graduate one person to a life free of drugs and alcohol. 40 men are currently enrolled. This event raised the funds to enroll 6 additional men and give them a future of long-lasting recovery, permanent housing, employability, and self-sustainability.

Last, we are so grateful for our friends at **KIRO 7** for helping raise funds and for promoting and sharing the impact of these programs.

On behalf of The Salvation Army and all those we serve, thank you!

With appreciation,

Lisa Borders, *Corporate Relations Director*

[The Salvation Army Northwest Division](#)

serving Washington, N. Idaho and W. Montana



Submitted by: Micki Brown

Did you know incomplete forms and applications cause delays and require time-consuming follow ups?

Learn more in this 2-minute video about the importance of submitting a [complete claims package](#).

You can help us avoid unnecessary delays with processing claims by:

- Making your client aware that we may need to contact them by phone or mail to confirm a signature or attest to a claim;
- Encouraging your client to respond promptly to our requests to confirm we have the correct contact information in our records;
- Allowing 30 days before calling to check on the status of the claim or form; and
- Submitting forms only one time to avoid duplicating workloads for our technicians.

In Case You Missed It (ICYMI): Over the past few months, we have made significant enhancements to our [Appointed Representative Services \(ARS\) tool](#). You can now access more information for cases pending at the initial and reconsideration levels.

We hope these new functions help reduce the time you spend contacting our offices.

Our [Representing Social Security Claimants website](#) and the [Tips and Best Practices for Appointed Representatives document](#) contain more useful information.

We're continuing to improve our systems to provide better access to claims information, so stay tuned.

Martin O'Malley, SSN Commissioner

Washington History - October



Italian Americans in Washington

October is Italian American Heritage Month, and this week History Link looks at some of the cultural contributions Italian Americans have made in Washington. One of the first Italians to visit the Northwest was explorer [Alessandro Malaspina](#), who sailed here under the Spanish Flag in 1791, but the first people of Italian descent who came here to live arrived in the late 1800s. Many of these early immigrants were unskilled laborers who found plenty of work in [coal mining](#) or construction,

Farming was also a preferred profession, partially because of the Italian love and respect for [food](#). Many Italian Americans in Seattle owned homes in the [Rainer Valley](#) and had small gardens, or raised rabbits and chickens. Others started larger truck farms in the rich farmlands around Puget Sound. By 1941, Italian immigrant [Joe Desimone](#) had gone from selling his produce at [Pike Place Market](#) to becoming the market's president and majority stockholder. In the 1970s, Seattle's first P-Patch community garden was planted on property owned by the Picardo family. And beginning in the 1980s, Italian immigrants helped define Walla Walla's growing [wine industry](#), and their [wine-making](#) skills can be seen [throughout the state](#)

Italian Americans who have left their mark in Washington history include pioneer missionary [Giuseppe Cataldo](#); Mother [Francesca Cabrini](#), a Catholic saint; [Duwamish Gardens](#) truck farmer Joseph Carrossino; the Gai family of [Gai's Northwest Bakeries](#); the Oberto family of [Oberto Snacks](#); the Borracchini family of [Borracchini's Bakery](#); painter and sculptor [Leno Prestini](#); [John Croce](#), founder of [Pacific Food Importers](#); the [accordion-making Petosa family](#); writer, [gardener](#), and winemaker [Angelo Pellegrini](#); newspaper publisher [Virgil Fassio](#); architect [Fred Bassetti](#); financier and art lover [Art Mazzola](#); [Gio Ross](#), the First Lady of Seattle Opera; and restaurateur [Victor Rosellini](#), as well his cousin, Governor [Albert Rosellini](#).

Filipino Americans in Washington

October is also Filipino American History Month, and we celebrate with a look at some of the men and women who played important roles in shaping their community. Filipinos first arrived in the Northwest in the late 1800s, but following the Spanish American War many more immigrated to the region, especially to Seattle. Some -- like famed poet and writer [Carlos Bulosan](#) -- found work in local [canneries](#). Others benefitted from the

Pensionado Act, which provided funds for Filipino students to study in America. When Washington passed the [Alien Land Law](#) in 1921, Filipinos initially were denied land ownership, but that ruling later was challenged successfully by [Pio de Cano](#). In 1924 the Asian Exclusion Act severely curtailed immigration of Chinese and Japanese to the United States, but it did not affect Filipinos. Also in 1924, [Victorio Velasco](#) began publishing the Seattle area's first Filipino newspaper, *The Philippine Seattle Colonist*. [Mariano Guiang](#) arrived here the same year and later made money during the Depression as a boxer.

In 1977, Martin and Dolores Sibonga began publishing the *Filipino Forum*. Dolores was the [first Filipina lawyer](#) in the United States, and in 1978 she was [appointed](#) to the Seattle City Council, where she served for more than 12 years. In 1992, [Velma Veloria](#) became the first Filipina elected to a state legislature in the continental United States, and in 1994 President Bill Clinton appointed [Bob Santos](#) as the Housing and Urban Development secretary's [representative](#) for the Northwest-Alaska area. Seattle's Filipino American community was rocked in 1981 by the murder of labor activists [Gene Viernes and Silme Domingo](#), just six days before [Rizal Park](#) was [dedicated](#). The park was named for Philippine national hero Jose Rizal and symbolized Seattle's Filipino American pride. That pride remains strong, as evidenced by the annual [Pista sa Nayon](#) celebration, as well as the recent renovation and expansion of the [Filipino Community Center](#).

BITS & PIECES





Bluehills Heritage Chapter Meeting

October 25, 2024

Social: 10:00 AM

Meeting 10:30 - 11:30 AM



Speaker: Anna S. Bachmann, Clean Water Program Director, Puget Soundkeeper Alliance

Subject: Maintaining the health of Puget Sound



Come to the meeting, enjoy coffee, donuts, informative presentations, and socialize with other Boeing retirees.

The Bluehills monthly meetings are held at the VFW Post 1263, 416 Burnett Ave S, Renton, WA. Parking is available in the lot immediately across the street from the VFW

Calendar of Events 2024
In Person Meetings

| | | | |
|---------------|--------------------------------|----------------|--------------------------------|
| Jan 26 | Chapter Monthly Meeting | Jul 26 | Chapter Monthly Meeting |
| Feb 23 | Chapter Monthly Meeting | Aug 30 | Chapter Picnic/Potluck |
| Mar 29 | Chapter Monthly Meeting | Sept 27 | Chapter Monthly Meeting |
| Apr 26 | Chapter Monthly Meeting | Oct 25 | Chapter Monthly Meeting |
| May 31 | Chapter Monthly Meeting | Nov 22 | Chapter Monthly Meeting |
| Jun 28 | Chapter Monthly Meeting | Dec 20 | Chapter Holiday Potluck |

Don't Forget to Report Your Hours!

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