



Olympic Peninsula Chapter of the Boeing Retiree Volunteers

FEBRUARY FLYER 2011

Fall Prevention Seminars - Marv Segar

The Boeing Bluebill are holding a series of Fall Prevention Seminars Beginning in February. This service is offered to any organization interested in reducing the number of elderly people who fall every year.

Each year over 13 million persons 65 years of age or older fall. Falls are the cause of 90% of broken hips, 40% of those who break a hip end up in a nursing home, 20% never walk again. The three primary risk factors for falling are; poor balance due to three or more prescriptions; medications and muscle weakness.

Many of the health conditions that increase the chance of falling are treatable and should be addressed by your doctor. However, small improvement in your home can reduce many opportunities for falls.



The Bluebill program is focusing on three areas: Grab bar installations, Stair railings, and Lifeline Alert System.

Interested parties may contact the Bluebill Fall Prevention Coordinator, Marvin Segar at msegar@q.com, call at (360) 437-9514.

Olympic Peninsula Bluebill Rammers – Myron Vogt

A couple times a year we get a request to remove a ramp we have build sometime in the past. Usually the client as either passed on or moved to an assisted living facility. Most often we cannot do a removal as we have no place to store a ramp nor the material if we break it down.

In this case, however, it just happened that a Port Ludlow client no longer needed a ramp we had built in 2010 and a client in Port Townsend was in need of one that was similar length.

The Port Ludlow ramp had no railings or handrails, but for the other client, it was a critical need but these could be added.

The ramp was small enough that It could be loaded on a small trailer and moved to the new location.

(Myron Vogt)



The removed ramp and new material delivered to the site in Port Townsend.



Working on the job were Jack Hawker, Larry Elton, Mike Graham, Myron Vogt and Ken Winter.



Ramp in place and posts installed. Jack Hawker and Mike Graham use a chalk line to establish the height to cut off the posts for the top railing.



A test run by the client.

Handrails on both sides, from the start of the ramp to the entry door provide a continuous gripping surface for either or both hands. The grab bar by the door provides an additional assist.

**We make a living by what we get.
We make a life by what we give.**

Winston Churchill

Welcome to 2011.

The year starts for us with two events scheduled by the Bluebill Central Leadership Council. These include the election of new officers to the board of the CLC. The Olympic Peninsula Chapter submitted two names for at-large positions on the council for a total number of nominees of seven from all the chapters to fill five positions. **Ken Winter** and **Larry Elton**, our nominees are well known to the other chapters. Some things don't always go according to plan and the election scheduled for the January CLC meeting had to be delayed until February since all of the chapters didn't complete the compilation of chapter votes. Olympic Chapter was not late.

The second event for the first meeting of the year is the submittal of a budget request by each chapter. This is an independent piece of the total Bluebill budget request put together by our CLC treasurer **Jim Neiderkrome** and given to Boeing for approval. Not everything that we include in our requests is automatically approved at the CLC level. Our requests for membership dues to World Vision have been rejected for the past two years including this one. Also the first year we asked for funding of the School Supply storage unit, the request was rejected and the second year was only partially approved. Since all budget requests from the chapters were not available before the January meeting, the first time we could see all of the data was last week. Since our Chapter leadership believes most sincerely that the small amount charged by World Vision for membership, and the very large benefit accrued by being a member, speaks loudly for paying the dues. We believe membership is consistent with the goals and objectives of the Bluebills, is consistent with the Global Citizenship goals of Boeing, and is the ethically correct thing to do.

We intend on continuing to include the request in each budget cycle and accepting it's rejection so conceptually it will always be laid in front of the CLC leadership as too important to ignore. With the "Gifts in Kind" (GIK) membership dues of \$350, our budget request for 2011 is \$8,700. Since this includes our new program of "Fall Prevention", our continuing involvement with World Vision, and the anticipated increase in work request to our Builders, it is a modest but workable amount. The total request for 2011 including all of the chapters, including Central, is \$39,000.

Thank you all, Dick

February 2011 Calendar:

Thursday, Feb 3- Leadership Team Meeting-Bay Club 3:00-4:00 pm

Tuesday, Feb 8 – Unload Food Bank Truck-Tri-Area 8:00-9:00 am

Tuesday, Feb 8 – Central Leadership Team Mtg. -Seattle 10–11 am

Friday, Feb 11 – Deliver Gifts-In-Kind-Clallam Co.

(Meet at warehouse at 9:00 am)

Here are the birthdays for February:

Gifford Asher- Feb 18

Ed Berthiaume – Feb 4

John Breslin- Feb 8

Gloria Eastman – Feb 21

Jerry Enders – Feb 11

David Goudie - Feb 23

Mike Morgan – Feb 14

Ted Muralt – Feb 25

Jack Potter – Feb 5

Edith Randall – Feb 8

Fred Spann – Feb 11

Bob Walling – Feb 7

Ruth Schaible –Feb 26

Heather Gilden – Feb 29(Leap Year Baby)

Bluebill Officers and Program Chairs

OFFICERS

Chair	Dick Ostlund	437-7747	dickostlund@gmail.com
First Vice Chair	Ken Winter	437-2877	dk58winter@q.com
Second Vice-Chair	Bonnie Douglass	765-4565	lbdouglass@hughes.net
Chairman Emeritus	Jack Randall	360-301-0123	zjemrandall@msn.com

PROGRAMS

BLUEBILL BUILDERS

All Counties	Myron Vogt	437-4055	vogt@cablespeed.com
	Larry Elton	437-0758	lmelton@q.com
Kitsap Co.	Dan Nordmark	206-855-8083	noirdmarkdanpat@msn.com
Clallam Co	Jack Hawker	437-0758	ajhawker@gmail.com

GIFTS-IN-KIND

Manager	Myron Vogt	437-4055	vogt@cablespeed.com
Kitsap Co.	Ed Berthiaume	437-0423	eberthiaume@gmail.com
Clallam C.	Larry Lang	452-4348	parkbear47@yahoo.com
Jefferson Co.	Thelma Keefe	437-1444	mnkeefe@msn.com
Hood Canal	Bonnie Douglass	765-4565	lbdouglass@hughes.net

SCHOOL SUPPLY	Dick Ostlund	437-7747	dickostlund@gmail.com
CHRISTMAS GIVING	Vicki Tallerico	437-4065	mimirico2000@yahoo.com
FOOD BANK TRUCK	Ken Snider	437-9165	kesnider@earthlink.com
WEB SITE	Ted Muralt	640-0686	bluebill@clallambay.net
SOCIAL	Michael Graham	437-5052	michaelg@cablespeed.com
MEMBERSHIP	Eleanor Roden	437-2354	rodenm@olypen.com
NEWSLETTER	Jack McKay	437-1186	jmckay@hmleague.org
PHOTOGRAPHER	Peggy Lee Flentie		thepegster@cablespeed.com
HISTORIAN	Jack Randall	360-301-0123	zjemrandall@msn.com

Our Mission

The purpose of the Bluebills is to provide opportunities for Boeing retirees and their spouses to volunteer their time, energy, skills, knowledge, and experience to improve the quality of life in their respective communities and thereby to enhance their own lives.