

SKSR Bulletin



November 2011

A message from President Jim Sisel



As of the October Membership Report received from WSSRA SKSR is the second largest unit in Washington with 1211 members and 19 pending members. We need to continue to grow and use our voices to protect our retirement benefits. The SKSR Board is sending a separate letter requesting that you provide your email address, which will be shared with

WSSRA. WSSRA will then inform you of items of legislative action that affect retired and active school employees. With a special legislative session scheduled for the end of November we all need to be aware of and act on any actions being taken by the Legislature that affect our retirement benefits. The voices of many, speaking as one, can work to protect our benefits.

We had a great September social luncheon with an excellent speaker. You can read about this on Page 4.

If you are receiving health benefits from PEBB be sure to read all of the information you received recently.

Our November Scholarship luncheon will be on November 17th. I'm sure you will enjoy our Civil War visitor and reports from Edmonds and Shoreline Superintendents. More information on Page 2.

Continuing again this year will be our Cookie Fest and Holiday Sing-A-Long on December 8th. Please come and purchase a selection of great cookies benefiting our Scholarship fund and enjoy some fun singing accompanied by Bruce Caldwell. See Page 3 for all the information.

A Note To Snow Birds

When you head south in the next few weeks, please remember to let me know when to use your winter mailing address and when you expect to return. Thanks, Erma Snook.

egsnook@comcast.net

Jim Sisel-President
 Roberta Hawkins, Vice President
 Cheryl Bauer, Secretary/Schl Fin
 Donna Murrish, Treasurer/Entertain- Books
 Vacant, Membership
 Rita Requa, WSSRA Legislative
 Betty Odle, Historian/Luncheons/Picnic
 Rachel Lake, Past President
 Erma Snook, Membership Records/Past Pres.
 Ellie Bonanno, Schl Fin
 Bob Nordeen, Schl Fin
 Bob Jones, RetirPlan/Web Page/Outreach
 Alice Bingaman, Schl Fin/RetirPln
 Gordon Bowers, Health
 Keith Lindaas, Linda Fitzgerald, Scholarship
 Joan Hertrich, Telephone
 Marlene Johnson, Marilyn Alaniz, Hospitality
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 Bruce Caldwell, Directory
 Barbara Berg, Scrapbook
 Dave Johnson, *Bulletin* Editor/Schl Fin

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SKSR Board Meetings

1:00 PM
 Edmonds SD ESC
 20420 68th Ave W
 Lynnwood
 Everyone welcome!
 November 10
 January 12
 February 9
 March 8
 April 12
 May 10
 July 12

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MARK YOUR DATEBOOK

- Nov. 14, Jan. 18, Feb. 13, Mar. 13 Health Walks at Alderwood Mall
- Nov. 17 Scholarship Luncheon
- Dec. 8 Cookie Fest/Holiday Sing-A-Long
- Feb. 17 Seismology Lab Trip to UW
- Feb. 29, Mar. 7, 14, 21, 28 Retirement Seminars
- Mar. 15 service at Shoreline Food Bank
- Apr/ 19 Scholarship Luncheon
- May Joint Meeting with Sno-Isle
- June 4-6 WSSRA Convention
- July 19 Picnic

November Potluck and Scholarship Luncheon

Every year in November and April, SKSR has a potluck luncheon to raise money for the four \$1,200 scholarships given to graduating seniors from Edmonds, Northshore and Shoreline school districts.

The event this fall will be Thursday, November 17th and we plan to have an item drawing along with a wonderful potluck. The cost for the luncheon is \$5.00 for those that bring food for the lunch, \$7.00 for those that don't.

2011 is the beginning of the Sesquicentennial of the Civil War. We will have Civil War Re-enactor Tom Peloquin, a Federal Artillery Officer telling us about his experiences in the war and about some famous Americans who were involved in the war.

Please RSVP by Monday, November 13th to Donna Murrish, 206-363-5753, donnamurrish@comcast.net OR Betty Odle, 206-525-8276, bettyholmodle@msn.com to confirm that you are coming. RSVPs are encouraged and appreciated for planning purposes. However, we welcome last minute attendees. If transportation is an issue, please let Donna or Betty know.

We hope to see you there! SEE map on Page 9 for directions to Edmonds Unitarian Church 8109 224th SW, Lynnwood, WA.

If you are unable to attend the luncheon but would like to support the scholarship fund, you can make a donation to the Sno-King School Retirees Scholarship Fund and mail it to P.O. Box 33962, Seattle, WA 98133-0962. There is a donation form on page 9 which can be delivered to the meeting or mailed to SKSR.



Holiday Cookie Fest and Sing-A-Long

Edmonds Board Room

December 8, 2011

1-3 pm



Sing-A-Long to Holiday Music accompanied by outstanding talent, Bruce Caldwell, on the piano OR just come and enjoy the melodious and festive atmosphere

Enjoy a tasty treat of holiday cookies and beverages and support SnoKing 23 and take some delicious cookies home! \$.50 for 6 cookies for the Scholarship Fund.

Want to bring 3 dozen of your favorite Cookies? 6 bags of 6 cookies each—one to sample and five to purchase.

RSVP Erma Snook 425-776-2067





Jean Mathiesen, WA AARP

September Luncheon A Success

We had a very nice luncheon at O'Donnell's on September 15th with 28 members and spouses attending. Our speaker Jean Mathiesen from WA AARP had an excellent presentation on "Protecting Your Money from Schemes and Scams". She told us how con artists are clever and creative in the variety of scams they use to trick us into giving them what they want. She told us how it's more than money that is lost. Unwitting victims pay for unsafe products, individuals risk identity theft, and financial headaches, which lead to tangles that may take years to unravel. Her examples were touching, but showed how easy it is to be conned



Jean Mathiesen shows Ellie Bonnano some methods to prevent scams

**ATTENTION ACTIVE SKSR MEMBERS
GRANT DEADLINE-NOVEMBER 17th
FINAL NOTICE**

Grant applications are due by Thursday, November 17th. All active (working) members of Sno-King School Retirees, of any employee group, are eligible to apply for a grant of up to \$200 for use in facilitating their work with students.

The process is simple!

1. a sentence or two explaining how the grant money will be used
2. amount of money requested
3. your name, address, grade level (if a teacher), school and district
4. principal's/program manager's name and school phone number

Applications are due by November 17th and recipients will be notified by Thanksgiving.

Applications should be sent to:

Virg Rayton or SKSR Grants Chair,

virg@raytonfamily.com Phone: 425-774-9413 OR

Rita Requa, rrequa@comcast.net Phone: 206-362-5220

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Health Services by Gordon Bowers

Super Centenarians-Oldest of the Old: A French woman who set the record for a long life died in France at the age of 122. Nobody is close to this, but there are 96,000 in the U.S. age 110 or older. Dr. Thomas Perls of the New England Centenarian Project studied 107 super centenarians with the question; *How Did They Live So Long?*. Dr. Steven Coles summed the committee research: "We think their longevity is inherited. They had nothing in common. Some are smokers, and some never smoked. Some are drinkers, and some never drank. They don't have the same diets, but they all have long lived parents and siblings. It must be in the DNA".

Sorry, the average age for life is still 78; to get older, the odds are with females. The typical centenarian is female, first born of a large family, raised in the American West, with a birthday in October or November. Good Luck!!

Nine Ways to Keep a Good Mind: The Mount Sinai School of Medicine attacked the key points in keeping mental decline at bay. Though many health publications dwell on mental alacrity, what you can do to keep your mind from slipping away is summed up by Sinai researchers: perceptual brain speed begins to decline about 15 years before death, special and verbal abilities begin to decline eight years before death. Though some decline will occur, there are steps that can stall it off; be selective with your attention, focus on what you want to learn and remember, stimulate your brain, problem solving skills, games, puzzles, etc. Get and stay physically active, walk, swim. Use gym. yard/housework all contribute to a better brain. Eat healthy, avoid high fat meats and dairy products, use olive, canola oils and fish like mackerel and salmon. Interact with others, church, volunteer, etc. Use tools that compensate for decline, write things down, make to do lists. Get enough sleep, the brain needs rest. See your doctor about medications; your attitude is important. to keep your brain power - more good suggestions: As Dr. Jane Martin, Sinai Professor of Psychology advises, "Part of dealing with cognitive changes is acceptance. Age related changes do occur, but that doesn't mean you have dementia. Know that you can learn new things but it will take longer now."

Please try some of the Sinai tips on mental alacrity, and maybe slow up the slipping.²

Listen to Your Lungs: Things we should know: Though smoking is the leading cause of lung cancer, and more die from it than colon, breast and prostate combined, we don't hear much about it. But 15 percent of all lung cancer patients have never smoked in their lives, and up to 50 percent of lung cancers in the U.S. are non smokers or quit long ago. Pollution surrounds us, even second-hand smoke.

Early detection is critical; computerized tomography (CT scans) is the best for early diagnosis, but coming is a five minute breath test that will indicate lung cancer. Dr. Ralph Aye MD, is the Swedish Cancer Institute thoracic surgeon, and he urges that we recognize lung cancer symptoms: cough that doesn't go away or gets worse, chest pain, short of breath, wheezing, hoarseness, swelling of the neck or face, loss of appetite or weight loss. Lung cancer diagnosed early can be cured! Our thanks to Dr. Aye for super specific information.³

World Concern for Chronic Diseases: Rarely do we find health articles on the front of newspapers. However, two University of Washington physicians who are in the Department of Global Health and Internal Medicine "Global Health Pathway" felt strongly and joined in an article that points out how our world changes and global isn't just HIV, flu, malaria, or TB, even all those can cause millions of deaths, called a global pandemic.

Added is a new dimension, non-communicable diseases can flourish due to income gains in low and middle class populations. These can now eat food that only the wealthiest could afford. The new cases causing global health concerns are heart disease, stroke, cancer, diabetes. They account for 63 percent of global deaths, and 80 percent of those deaths occur in low or middle income countries. Their new wealth has brought the plagues of the western world, sedentary life style, obesity, alcohol, and tobacco.

Poor medical care in most low income areas negate the health gains with only three percent of global money spent on global health chronic disease programs. All public leaders need to take these problems seriously to attack a global pandemic that will occur.⁴

Parenting problems: Mother to 16 year old son: "I'll get you anything you want for your birthday." He wasn't interested in cars or boats, so they looked for clothing. When he saw the beautiful model dancing down the ramp he shouted, "Mommy get me that."⁵

Bibliographical sources listed on page 8

WSSRA Healthy Living Targets

We hope you read the article “*Wellness challenge*” in the latest The Journal. SKSR is participating in this activity. You can check off two items by joining us on our walking activities—exercise and meeting with friends. The first item in Mark Your Datebook on Page 2 lists the dates that we will be meeting at Alderwood Mall Food Court at 9:00 am to go walking. After finishing our walking we enjoy some refreshment and chit-chat before going on to whatever else we have planned for the day.

You can make a copy of the WSSRA Healthy Living Targets page or just tear out the page if you are finished with The Journal, check off the targets you have completed, and mail it to Erma Snook, 6007-188th St. SW, Lynnwood, 98037 by February 29th. She will report to the WSSRA Health Committee the names of the SKSR members who participated in the activity. The Health Committee will then hold a drawing for a prize for one or more participants.

If you are interested in a fitness club that provides a discount, check out the following website—www.washingtonwellness.gov. #4 has a link Fitness Club Discount Program. Then contact a nearby club and see what they can offer you.

NW1 COORDINATING COUNCIL

Eight SKSR members, Jim Siscel, Rita Requa, Betty Odle, Barbara Berg, Erma Snook, Donna Murrish, Virg Rayton and Roberta Hawkins, attended the N.W. 1 Coordinating Council meeting on Oct. 10th in Mt. Vernon. After the call to order each Unit gave a brief update including its goals and annual activities. Elaine Wascisin NW1 District Representative reported on the latest state meeting providing details regarding membership numbers and critical state concerns and needs. Of particular importance is close and careful reading of all PEBB information that you receive. Changes in plans, elimination of plans, increase in costs are all things that are coming. Look at all the details.

Marianne Harvey introduced guest speakers Ed Gonion, WSSRA Executive Director, and Fred Yancy, WSSRA Lobbyist. Gonion addressed the issues of membership and the need for increased active participation at both local and state levels. He especially emphasized the need to contact legislators during the “off-session” time as they get very busy when in session. He spoke of the major personnel changes in the state WSSRA office especially the departure of Legislative Coordinator Lesley Main, whose position they hope to fill by Dec. 1. He stressed the difficulty of filling 18 years of experience which Main has given to WSSRA. One additional issue he noted was the COLA law suit being pursued by WEA and Washington Federation of School Employees. WSSRA has a major stake in the outcome of this as it will affect our future actions regarding PLAN 1. The next meetings will be January 9, 2012 and March 5, 2012.

Do You Have Your 2012 ENTERTAINMENT BOOK Yet?

The 2012 book looks great. Your favorite places are still in there and the coupon savings for QFC and Bartell Drugs are there too. Your book would be paid for just by using these coupons when you go shopping. Theaters, sports events, tours, museums, restaurants, and the list goes on.

The books sell for \$25 and one is waiting for you by calling me at 206-363-5753 or by sending an email to donnamurrish@comcast.net, or by contacting any other SKSR board member. There were 16 boxes of Entertainment Books lining my hallway at the end of August. There are now only 4 boxes there. Remember, they make good gifts. For the first 90 sold, Sno-King gets \$5 each. After 90 books, (*and we've reached that already*) we get \$12.50 each from now until the end of the fund-raiser.

This is Sno-King's biggest annual fundraiser project. You have until the first week in December to get your book.

PAINTING PAIN?—I can help you

Since retirement almost four years ago and for 25 years before that, we have had the privilege of helping members with their painting needs. References are available from many of them. I would also be happy to help you with your needs. Help is also available to fix some of those small household repairs that need to be done. We serve the east side and north end of Lake Washington. For information call

G.F. Moore Painting (Warren) 425-466-2729
or 425-485-4570

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JOIN WSSR-PAC TODAY

WSSR PAC has in place a thorough process to endorse and contribute funds to candidates who support our causes, maintain and improve our pension and benefits. This year with an additional \$1.4 billion shortfall and the upcoming special session it is of utmost importance that WSSR becomes our voice in Olympia. Numbers count. If not you, who then? If not now, when?

You can join/contribute to WSSR-PAC today and it is easy. Just write your check to WSSR-PAC, include: Name, Address, City, State, Zip, Phone, Email. mail to: WSSR PAC, 19715 Birch Dr. NW, Tulalip, WA 98271

DO IT TODAY!

AARP's Driver Safety Program (55 Alive)



AARP's *Driver Safety Program (formerly 55 Alive) Mature Driving Class* is a refresher course teaching preventive measures that save lives when driving. Pay \$12 (AARP members, \$14 non-members) materials fee to AARP instructor at class time. Participants register through Edmonds Parks and Recreation, 425-771-0230. Graduates may have a possible discount on auto insurance. Classes meet 9 AM to 1:00 PM at the Anderson Center, 700 Main Street, Edmonds. For alternate dates and locations, contact Bob Jones at 425-438-2727 or bobpatjones@frontier.com Note that the class is a "two-consecutive-days class," which can be selected during the month of your choice.

2011 & 2012 Dates

- Nov. Wed/Thurs 16-17
- Jan. Tues/Wed 17-18
- Feb. Wed/Thurs 15-16
- Mar. Wed/Thurs 21-22
- Apr. Mon/Tues 16-17

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Health Services continued from page 7

- 1. AP article Supercentarians Push Life Span Limits *Everett Herald* 9/22/11 P. A3
- 2. Mt. Sinai Staff, *Healthy Aging* 9/11 p. 1-6
- 3. Aye, Ralph MD Lung Cancer Not Just For Smokers *Hospital Health Watch* Fall p. 1
- 4. Watkins, David MD & LoGerfo, Jim MD *Seattle Times* 9/16/11 p. 13
- 5. Gordon's File

Things to do: Get flu shot
Medical Open enrollment-Check your Plan, PEBB changes, no more Secure Horizons, and others. See WSSRA latest Journal. P 6.

Volunteer for Science Classes Requested

Brenda Krusemark, science teacher at Shorecrest HS would appreciate having a volunteer who loves science, or just likes to work w/ high school students on hands-on projects. This person will help 9th graders with Integrated Physical Science, a course combining chemistry, physics and earth science concepts. They focus on a hands-on approach with lab experiments every one to two weeks. The volunteer can work once or twice a week, choosing to help one class at a time, or two classes with the same content, during midday. Hours are flexible. Contact Brenda at brenda.krusemark@shorelineschools.org.

**CONTACT YOUR LEGISLATORS
WITH PERSONAL STORIES**

By actions of the last Legislative session, the COLA was eliminated, for those on Social Security, the subsidy has been reduced by \$30+ monthly. Have you had enough? Do you want your voice to be heard?

One of my tasks as a member of the WSSRA Legislative Committee is to be in contact with the Legislators from the 1st, 21st and 32nd Legislative Districts to express our concerns regarding the loss of the COLA, and the subsidy decrease while a significant increase in cost of health care coverage. To communicate our interest in taking positive steps to stabilize the pension system as suggested by State Treasurer MacIntire. Eight of the nine legislators have heard that.

One of the most effective ways to communicate with the Legislators is to tell personal stories of how their actions affect you. Legislators were not aware of the increase in our health care premiums and the reduction of the explicit Medicare subsidy. They were not aware of just how much the elimination of COLA meant to our standard of living. The idea that we paid our 6% monthly throughout our careers, even when the state neglected to make their payment into the fund, was emphasized. Please contact your legislators with your personal stories. We have had enough!

First of Five Healthy Walks

On September 12 those hearty folks pictured here gathered to walk the Edmonds Waterfront. It is nearly a mile walk. We were joined by Alma Ohtomo. We enjoyed a quick cup of coffee at the South County Senior Center! Yes, we ended our walk there! We repeated this gently, vigorous event again on October 19th. That is the last of our outdoor treks. We will meet for the next three walks indoors at 9 a.m. at the Alderwood Mall Food Court (Southwest corner of the mall) by the fireplace on November 14th, January 18th, and February 13th. The walk is great, the conversation even nicer! Put the dates on your calendar---join us! Just for the health of it!



L to R: Virg Rayton, Gil Snook, Erma Snook, Roberta Hawkins, Marlene Johnson, Dave Johnson, Andrea Siscel, Jim Siscel after a great walk

SNO-KING SCHOOL RETIREES' SCHOLARSHIP FUND

The purpose of the SKSR Scholarship Fund is to assist carefully selected graduating seniors majoring in education from Edmonds, Northshore and Shoreline School Districts in reaching their goals. Contributions are tax deductible.

Enclosed is a contribution of \$_____ As a special gift_____Or in memory of

_____ Or in honor of_____

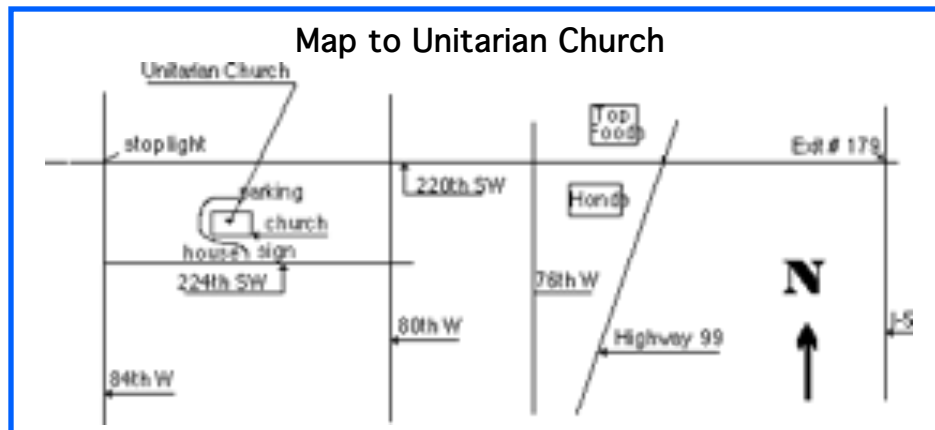
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Donor's Name_____

Address_____

Make check payable to Sno-King School Retirees' Scholarship Fund. Mail to:
Sno-King School Retirees, PO Box 33962, Seattle WA 98133-0962.



ANOTHER UPDATE ON OUR 2011 WINNIE SMITH MEMORIAL SCHOLARSHIP WINNERS

Natalie Andrews, Westmont College and from Woodinville HS

Allison Fasnacht, Western Washington University and from Shorecrest HS

Nicole Swenson, Western Washington University and from Shorecrest HS

These students have received the SKSR Scholarship in 2010 and the Winnie Smith Scholarship in 2011.

Natalie writes that she is planning on pursuing teaching children through music. She has a great love for music and can see the power and influence it can have on lives. Last year, over spring break, Natalie had the opportunity to observe music classes and realize that this was her calling. Therefore, instead of majoring in liberal studies, she will be receiving her music education credential. Natalie finishes by saying, "I'm so immensely thankful for this scholarship."

Allison states that she is a blended student of both WWU and Fairhaven College (within WWU). She is learning alternative ways of education and hopes to pursue similar methods of teaching as an educator because she believes people have many different styles of learning. Allison says, "I have enjoyed films, literature, hands-on and discussion-based lectures that have been used at Fairhaven to further my educational experience."

Nicole says that she loves the challenging academic atmosphere that surrounds her and is still planning on pursuing education at the elementary level with a major in Spanish and a minor in Women's Studies. She has applied to the Woodring School of Education and hopes to be accepted this school year. Nicole finishes by stating, "Thank you for being so generous for this scholarship and I am so thankful for all of your support."

Thank you to the following for memorials for Estelle Rayton:

Phil & Georgia Elvrum, Ellie Bonanno, Rachel Lake



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ADDRESS SERVICE REQUESTED

HELP US WITH INFORMATION TO PUT IN THE BULLETIN

The deadline for the next newsletter is 8:00 AM, **Friday January 20**

Send news and other materials to

Dave Johnson 814 6th Ave. So. Edmonds, WA 98020, damajo3@comcast.net, or
425-776-7298.

Address, phone or e-mail changes should be sent to **Erma Snook** egsnook@comcast.net or
425-776-2067.

If you know of illness, please call Sunshine Chair, **Evelyn Nordeen** evie.nordeen@frontier.com or
425-775-1127

To help with mailing our next Bulletin on **Monday, January 30** call
Marilyn Dauer 425-774-7445, **Betty Odle** 206-525-8276 or **Joan Hertrich** 425-778-9572

Address Changes:

Conover, Betty, 18315 - 12th Ave NE, Shoreline, WA 98155
Corning, Corlee, 926 - 240th Pl SW, Bothell, WA, 98021
Gordon, Kathleen, PO Box 1664, Boise, ID, 83701
Heller, Mary Jo, 2324 NE 103rd St, Seattle, WA 98125
Kuhn, Joan, 19318 Richmond Beach Dr, Shoreline, WA 98177
Michaelson, Jeffrey, 355 W Sacaton Canyon Dr, Oro Valley,
AZ 85755
Perry, Joy, 2811 - 121st Ave SE, Lake Stevens, WA 98258
Poole, Phillip, 8105 Kilarea Ave, Mesa, AZ 85209
Sischo-Ochsner, Julia, 725 N 102nd St, Seattle, WA 98133

Welcome New Members:

Bailey, Christine Shearer, Lisa
Bailey, Lowell Shelley, Amber
Goree, Kenneth Snyder, Diane L
Gustafson, Judith Tucker, Janet
LaMotte, Colleen Willoughby, Pameley K
Marlo, Megan