

SKSR Bulletin



July 2012

A message from President Jim Siscel



Here is another benefit from receiving the *Bulletin* by email. Dave Johnson, our editor, finished the *Bulletin* on Friday, April 20th. It was proofread by myself on Saturday and sent out to those receiving it by email Sunday evening from Erma Snook. This is two weeks before those receiving it in the mail will receive their copy. When Erma sent the *Bulletin* by email she was also

reminding people about the Sno-Isle Joint Meeting in May. This information could not be put in the *Bulletin* because it would be received after the required response date indicating a person wanted to attend the joint meeting. Please contact Erma at egsnook@Comcast.net to get on the email *Bulletin* list.

Some of you have been contacted by a representative of AMBA (American Member Benefits Advisors). AMBA is a recognized organization that provides both free and paid for benefits for members of Washington State School Retirees Association (WSSRA) and SKSR. AMBA representatives have gained WSSRA and SKSR many new members as they have contacted people during the past year. For those of you who receive the *Bulletin* by email we are including a two-page sheet of the AMBA benefits.

Please remember our July 19th Picnic at Edmonds City Park. I'm looking forward to seeing you there. See page 2 for more information.

The annual SKSR executive board retreat for planning the activities and meeting for the 2012-13 year will be held on August 8 at the Foundation House in Bothell. If you are interested in attending and helping the organization please let me know so we can plan a place for you.

Jim Siscel, President
 Roberta Hawkins, Vice President
 Cheryl Bauer, Secretary/Schl Fin
 Donna Murrish, Treasurer/Entertain- Books
 ...?..., 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
 Gary Reul, Health
 Keith Lindaas, Linda Fitzgerald, Scholarship
 Joan Hertrich, Telephone
 Marlene Johnson, Marilyn Alaniz, Hospitality
 Virg Rayton, Grants
 Evelyn Nordeen, Sunshine
 Marilyn Dauer, Telephone/Bulletin Folding
 Dick Stucky, Don Denton, Schl Fin
 Bruce Caldwell, Directory
 Barbara Berg, Scrapbook
 Dave Johnson, *SKSR Bulletin* Editor/Schl Fin

YOU'LL FIND INSIDE

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MARK YOUR DATEBOOK

July 19. Annual Picnic - Edmonds Park
 August 8 SKSR Board Planning Retreat

Sno-King Picnic July 19th Edmonds City Park

We invite all members to come to the annual Sno-King School Retirees picnic to honor those who have just retired. New retirees and their escorts from Edmonds, Northshore and Shoreline School Districts will be our special guests. Sno-King members will make a \$5 contribution to help defray food costs. The Sno-King board furnishes the wonderful picnic fare, including Betty Odle's famous meatballs. We will be at the covered kitchen area starting at 11:30 am. We plan to eat at Noon.

Active Educators, who have received grants from our unit this year, are invited to share the results of their grant. Contact Virg Rayton at virg@raytonfamily.com to let us know if you will be attending. We are always amazed how you stretch the money in your grants.

Active Educators, this is a time to relax after a busy school year and to renew friendships with your retired friends.

Sno-King Members, this is a time to invite some of your retired friends who are not members and have them experience a fun and relaxing time so they will want to become part of our organization.

Please RSVP Betty Odle, 206-545-8276 or Erma Snook, egsnook@comcast.net by July 16th so we will have enough food for all. **See you there!**

Directions to the Edmonds Park Take SR-104 (Edmonds Way) to Edmonds. DO NOT take the arterial off-ramp to Edmonds-Kingston Ferry.) Follow 5th Ave S (towards downtown Edmonds) to Pine Street. Turn left on Pine to 3rd Ave, turn right. Park entrance is on the left.



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IN MEMORY OF:

Connover, Betty, Shoreline District 5/14/12
 Haycox, Mary Ann, Seattle District 4/12
 Marken, Christine, Shoreline District 5/18/12
 Robinson, Ronald, Edmonds District 6/12/12
 Tallman, Ardelle, Edmonds District 6/10/12
 Taylor, Kathleen A. 4/12/12
 Weishaar, Phyllis, Edmonds District 6/7/12

Sno-King/Sno-Isle Joint Luncheon

The Sno-Isle/Sno-King Joint Luncheon was held on May 15th at the Bistro of the Sno-Isle Tech Center near Paine Field. As the attendees arrived, Tim Noah, local song writer singer/entertainer played songs on his guitar. Through a concerted effort of both units we mixed and mingled our seating successfully leading to enjoyable conversation. After brief welcome by Linda Averill of Sno-Isle, board members of Sno-King were introduced, followed by introduction of the Sno-Isle board. Luncheon was quickly underway with skilled preparation and presentation. After dessert was served, Tim Noah was formally introduced and entertained the group with songs written about his life and family and some from his children's programs, including some sing-along opportunities. Everyone enjoyed the performance and the lunch and companionable conversations throughout.



Tim Noah entertains



Sno-King Members enjoy a good lunch



First grade students using math games Sandy Sanders, Brookside, purchased with the grant money she received

Sno-King Grants at Work

Stacy Sateren, 3rd Grade, at Lynndale Elementary purchased games for her class to use. Following is a thank you from one of the students.

Dear Retired Teachers, Thank you for all of those games you sent us. My favorite game is Sequence. I bet you had a good time when you were a teacher. Oh, I also liked Ticket to Ride. Sincerely Brandon.

AARP's Driver Safety 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.

During the months of July and August you can take the AARP Driver Safety Classroom Course for only \$5. Go to the link below to print out the coupon and find a class location.

<http://www.aarp.org/home-family/getting-around/info-06-2012/driver-safety-offer-nd1889.html>

2012 Dates
 July/Aug. See link on the lower left.
 Sept. 4 & 5 Tue. Wed.
 Oct. 8 & 9 Mon. Tue.
 Nov. 15 & 16 Thur. Fri.
 Dec. 19 & 20 Wed. Thur.



Affordable Living for Exceptional People

Foundation House at Bothell is a full-service not-for-profit retirement community sponsored by the Seattle Education Foundation.



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If you need a good laugh, try reading through these children's science exam answers...

Q: Explain one of the processes by which water can be made safe to drink.

A: Flirtation makes water safe to drink because it removes large pollutants like grit, sand, dead sheep and canoeists.

Q: How can you delay milk turning sour?

A: Keep it in the cow.

WSSRA Convention Report

Fourteen members attended the annual WSSRA convention in Spokane the first week of June. Ten of us drove or flew to the convention. Roberta McKee stopped on her return from a family gathering in South Carolina.

We picked up our registration packets, bought our WSSRA Foundation raffle tickets (for scholarships), visited the vendor booths, bid on silent auction items, contributed to PAC, and got down to business. Legislative updates, Stan McNaughton and Patrick T. Hoban awards and WSSRA candidates' presentations were made on Monday. Ellie Bonano was our Patrick T. Hoban Meritorious Award nominee. We spent Tuesday in full session. WSSR Foundation and Robert J. Handy Scholarship awards were announced. There was a memorial presentation for the members that WSSRA lost last year. We heard from some outstanding speakers, for example the U. S. Attorney for eastern Washington, two speakers from AARP, and a representative of AMBA. After the evening banquet the new officers for next year were announced.

SKSR Unit 23 was one of the few units to receive a Unit of Highest Distinction Award. We, also, received a Certificate of Appreciation for our increase of 23 new active members.

Wednesday morning our members attended officer and committee training sessions before our return home in the afternoon. Plan to attend next year when the convention is in Pasco.



L to R Front Row: Betty Odle, Ellie Bonano, Roberta Hawkins, Barbara Berg, Roberta McKee, Back Row: Erma Snook, Gil Snook, Jo Caldwell, Rita Requa, Tom Hawkins, Donna Murrish, Jim Siscel. Not pictured: Bob Jones and Virg Rayton

OUR 2012 WINNIE SMITH MEMORIAL SCHOLARSHIP WINNERS

These students have received the SKSR Scholarship in 2011 and have now completed one year at college.

Sorcha Connor-Boyle, Gonzaga University and Shorewood HS
 Colleen Hill, Western Washington University and Lynnwood HS
 Timothy Lee, University of Washington and Shorecrest HS
 Vincent Pham, University of Washington and Woodinville HS

Sorcha writes that she has just finished doing her practicum for the School of Education in a special education preschool classroom. She says, "I am in my element here (Gonzaga) and enjoying the experiences I have been so fortunate to have. Last semester, I changed my major to Special Education with certifications in elementary. Thank you so much for your continuing concern with my higher education".

Colleen says that her plans for teaching are very exciting right now. She has applied for the Dual Endorsement program (special education and elementary) at the Woodring College of Education. She has also been volunteering at a local middle school with a math support group as well as taking an education class that is a feeder class into Woodring. Colleen concludes by thanking us for our continuous support as she is pursuing her dreams of being a teacher.

Timothy says that he started his college career in a rough way - he jumped into some core science classes right off the bat and ran into some trouble academically. But he writes, "The passion of teaching and becoming an educator is still evident within me, which is the sole reason why I am recommitted into doing better in school. I am dedicated to my education - especially in the realms of science so that I can become a future science teacher."

Vincent writes that due to his work in high school, he entered the UofW with 75 credits, effectively making him a junior after the first quarter. As a result he is able to immediately pursue teaching endorsements in both his majors, English and History. Vincent says that his commitment to education is even stronger now that he knows that there is demand and support for individuals to bring their passion and skills into the classroom.

THANK YOU ONCE AGAIN FOR YOUR DONATIONS!!

Since the last bulletin, several donations and memorials have been sent to our Scholarship Fund. **Thank you all so much!**

Bob & Elinore Bisnett - in memory of Art Childs
 Ellie Bonanno - in memory of Ron Robinson & Phyllis Weishaar
 Gretchen Lay - in memory of Irma Bendock, Cheryl Bickford,
 Gordon Bowers & Frances Peters
 Donna Murrish - in memory of Irma Bendock
 Joyce Newell - in memory of Gordon & Edith Bowers
 Virg Rayton - in memory of Phyllis Weishaar
 Jack Rogers - in memory of Christine Croft
 Jim Siscel - for a donation
 Erma Snook - in memory of Cheryl Bickford and Gordon Bowers
 Lynda Tripp - in memory of Gordon Bowers
 SKSR - in memory of Betty Conover, M.A. Haycox, Christine Marken,
 Ron Robinson, Ardelle Tallman, Kathleen Taylor, and Phyllis Weishaar

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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Healthy News

Dr. Gary Reul, Ed.D.

ADVANCED PLANNING

Almost the first thing that you are asked when you enter a hospital for surgery today is – “Do you have a health directive?” If you don’t, the hospital will require that you complete one.

There are **two** things that you should have along with your will... The **Durable Power of Attorney for Health Care** (DPOAHC) and a **Health Care Directive**.

The DPOAHC lets you name someone, called a health care agent, to make decisions about your medical care, including decisions about life support, if you can no longer speak for yourself.

The Health Care Directive lets you state your wishes about medical care in the event your attending physician determines that you have developed a terminal or hopeless condition and can no longer make your own medical decision.

To get copies of these two documents, contact your lawyer, or your physician, or a local hospital. Information may also be found on the internet. *Source: Overlake Hospital and AARP*

HIDDEN CAFFEINE AND NOT SO HIDDEN

Caffeine is used in all kinds of pills, tablets, and capsules, from pure caffeine tablets and weight loss pills to vitamins and pain relief capsules. Caffeine can have a dilatory effect on a person’s heart. The effect can be determined by your weight and your ability to tolerate caffeine.

Where is caffeine found? The chart below is per tablet, capsule or pill.

Name	Caffeine in Milligrams
Alka-Seltzer Wake-up Call	65
Anacin	32
Dexatrim	200
Diurex Water Pills	60
Excedrin	65
Excedrin Migraine	65
Greencolffex Caffeine Capsules	200
No-Doz	100
No-Doz Maximum Strength	200
One a Day Energy	120

Source: Internet

X-RAYS

Visiting the dentist isn’t a joy, but there’s a fresh reason to be wary of the doctor’s “Open wide.”

Dentists use X-rays to detect cavities and misalignments, but a study showed that patients diagnosed with meningiomas, brain tumors that are typically benign and noncancerous, were twice as likely as a group of tumor-free people to have had at least one dental X-ray. Radiation doses of such X-rays have been dropping with new equipment being installed in dental offices. However, it is not a bad idea to ask your dentist whether each new X-ray is necessary. Small children are especially vulnerable to X-rays. *Source: Time Magazine April 23, 2012, p. 20*

ONE CANCER ALMOST EVERYONE CAN BEAT

Did you know you can avoid one of the leading causes of cancer death among men and women in about an hour? All it takes is a colonoscopy. The test may be difficult to warm up to, but the rewards are priceless, especially for your loved ones.

When colon cancer is found and treated in the early stages, five-year survival rates in the U.S. are around 90%. Despite the successful survival rate, only 39% of colon cancers are found in the early stages, which translates into thousands of unnecessary deaths a year. *Source: Health Counts - ump.hea.wa.gov/healthcounts*

AVOID DRUG REACTIONS

- Remember - All drugs have some side effects. Always read the information pages that come with your prescription.
- If you experience a change that doesn’t feel right, tell your physician.
- If you’re taking several drugs, ask your physician or pharmacist to review them.
- Ask if there are lifestyle changes you can make instead of taking a drug.
- Ask to be prescribed drugs that have been on the market for at least seven years.
- Ask why the physician is prescribing a particular drug.
- Don’t stop taking a drug without consulting your physician.
- Review your medications online at aarp.org/healthtools. *Source: aarp.org*

WHAT IS OLD AGE LIKE? ☹

The grandson asked his grandfather, "Gramps, what is it like to be old?" ,The grandfather said, "Put cotton in your ears and rocks in your shoes. Pull on rubber gloves, smear vaseline over your glasses, and there you have it---Instant old age." *Source Internet*

HELP US DECIDE!

Every other year we have published a *Directory* containing a list of Sno-King members, addresses and phone numbers. We mail it to each member with the November Newsletter, and updates are provided in each issue of our newsletter. This has been at no additional cost to you. The next publication, scheduled for this fall, will cost approximately \$2300-\$2500. Given the limits of our approximately \$16,500 annual budget, this cost looms large. We would love to have a donor/sponsor!

In an attempt to be the best stewards of your money, we are investigating the value/usefulness of *The Directory* to our members. We are always attempting to glean more dollars from our budget for Scholarships and Educator Grants, worthy uses we feel, of your money.

Thus we are requesting your feedback. How valuable/useful is *The Directory* to you? Please respond on the form below. Deliver your response to our July Picnic, deliver to a board member, mail to Erma Snook, 6007-188th St SW, Lynnwood, WA 98037, or e-mail response to egsnook@comcast.net! We need your feedback to make the best decision for Sno-King! **Respond by August 1st!**

Keep Those Survey Responses Coming!!

Thank you to those of you, 87 in all, who have responded to our *Directory* Survey. We are still soliciting responses until August 1st. We hope many, many more of you will let us know your feelings about expense vs. convenience of publishing the directory. Thank you for your very helpful comments also. They will be useful to form our decision. Look for the survey results in the October Issue of the *Bulletin*! Hope we hear from you!

I. How useful is *The Directory* to you?

A. I use it often, and want to have it.

B. I use it occasionally, but want to have it.

C. I use it, but do not need it.

D. I do not use it, and do not need it

II. In light of the above information regarding costs to publish *The Directory*, what choice indicates your preference?

A. Publish *The Directory* as usual. I think it is something I should get for my dues.

B. I want to have *The Directory*, and I would pay the unit cost of publication (\$3-\$5) to order one.

C. I do not think we need a *Directory*.

III. We are also investigating the cost of an online *Directory* addition to our www.sksr.org web site instead of publishing a hard copy. Your opinion?

A. I would like the advantage of a continually updated, password protected, online *Directory*, if cost effective.

B. I would not like to have to look up members online.

C. I would vote for the most cost-effective, secure choice, in print or online.

Comments:

Legislative News:**Gainsharing Lawsuit Ruling and Appeal**

As expected, the State of Washington has appealed a portion of a King County Superior Court decision which invalidated the Legislature's repeal of gainsharing benefits. The final judgment was signed by King County Superior Court Judge Richard Eadie on June 1. The appeal will now go to either the Appeals Court or the State Supreme Court. A judicial decision determines the court that will hear the appeal. The appeals ruling will probably take another two years before a final decision is made. The impact of that decision will affect the COLA lawsuit as the language in the COLA and gainsharing legislation is the same. It's another long wait. Stay tuned.....

Ready to Vote in the Primary?

Be prepared for the August 7 Primary. While there are many statewide races, judgeships, etc. on the primary ballot, this column will concentrate on the Washington State Legislative races. Absentee ballots will be mailed July 20. Voter pamphlets will not be mailed this year. Know your legislative district and the candidates. Go to forums, open houses, fundraisers. Let the candidate know who you are, school retiree issues, and that you vote.

Here are the candidates in the districts close to the Sno-King boundaries who have filed for the primary.

1st Legislative District

Senate: Rosemary McAuliffe Incumbent-(D), Guy Palumbo (D), Dawn McCravey (R)

Posi. 1: Greg Rankich (D), Derek Stanford Incumbent-(D), Brian Travis (R), Sandy Guinn R)

Pos 2: Luis Moscoso (D)

21st Legislative District

Position 1: Mary Helen Roberts Incumbent (D)

Position 2: Mrko Liias Incumbent (D)

32nd Legislative District

Position 1: Randy J. Hayden (R), Cindy Ryu Incumbent (D)

Position 2: Robert Reedy (R), Ruth Kagi Incumbent (D), Eric R. Alvey (GOP)

44th Legislative District

Position 1: Hans Dunshee Incumbent (D), Mark Harmsworth (R), B.J. Guillot (R), Robert (Bob) McCaughan (R)

Position 2: Mike Hope Incumbent (R), Mary McNaughton (D)

46th Legislative District

Sen: David Frockt Incumbent (D)

Position 1: Sylvester Cann (D), Gerry Pollet (D)

Position 2: Jessyn Farrell (D), Dusty Hoerler (D), Scott M. Hodges (R), Shelly Crocker (D), Sarajane Siegfriedt (D), Stan Lippman (Democratic-Repub Party)

If you do not vote via mail, have not received a new voter ID card and/or are unsure of your Legislative District, go to this website: <http://www.redistricting.wa.gov/DistrictFinder/>

Type in your address, check Legislative, click "Find My District." Your home will be indicated by an orange marker. To enlarge map, click on plus sign in upper left hand corner of the map. Use the indicators in the round dial to zero in on your home. Click on your home and you will find your district number. Then, go to this website and find the candidates who filed in your district:

<http://sos.wa.gov/elections/CandidatesAppearinginthePrimary.aspx>



Sno-King School Retirees
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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 August 24**

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, September 3** call

Marilyn Dauer 425-774-7445, **Betty Odle** 206-525-8276 or **Joan Hertrich** 425-778-9572

Welcome New Members:

Clute, Bruce, 24305 33rd Ct. W, Brier, WA 98036
Clute, Karin V, 24305 33rd Ct. W, Brier, WA 98036
Frost, Joane, 4515 176th St. SW, Lynnwood, WA 98037
Gartland, Nina, 11951 NE 168th St. Bothell, WA 98011
Lytle, Terry L, 22520 1st Dr. SE, Bothell, WA 98021
Setterberg, Maureen, 18539 1st Ave. NE, Shoreline, WA
98155
Washke, Richard, 714 184th St. SW, Bothell, WA 98012
Wiggin, Melodie, 22415 73rd Pl. W, Edmonds, WA 98026
Williams, Juanita, 832 87th Ave. NE, Marysville, WA 98270

Address Changes:

Doyle, Bernice, 697 Brickyard Blvd. Sedro
Woolley, WA 98284
Goldstein, Norman, 22407 100th Ave. W,
Edmonds, WA 98020
Jansen, Joanie, 3518 Fremont Ave. N #2621,
Seattle, WA 98103
Jenkins, Christy, 275 Cornet Bay Rd. Oak Harbor,
WA 98277
Rutherford, Gerald, 826 Citrus Dr. Alamo, TX
78516