

# SKSR Bulletin



May 2012

## A message from President Jim Siscel



If you didn't read Jack Rogers' article in February about getting acquainted with your new state legislators because of the redistricting please do so. I'm one, like Jack, who has been in the same district, 21st, for many years and now will be in the 32nd. I'm planning on meeting my new legislators this spring.

I recently found four great links for actives and retirees on the Department of Retirement Systems website. For actives there is the main page <http://www.drs.wa.gov/member/> which gives you access to lots of information; and <http://www.drs.wa.gov/outlook/active/>. See Outlook, a twice a year newsletter for actives with information about DRS programs. For retirees there is the main page <http://www.drs.wa.gov/retiree/> same as above for actives and <http://www.drs.wa.gov/outlook/retiree/>. See Outlook, a twice a year newsletter for retirees. You can sign-up for email updates from DRS. Information on how to do this is in the current Outlook for both groups. Take a look at these pages.

Go Green and receive your Bulletin by e-mail. Please send your e-mail address to Erma Snook at [egsnook@comcast.net](mailto:egsnook@comcast.net). The money saved from your receiving *SKSR Bulletin* allows more funds for scholarships and grants. The Legislative updates from WSSRA have been great. Let Erma know if you would like to receive these as well. She will send your e-mail address to WSSRA.

- Jim Siscel-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
- Gary Ruel, 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

<b>SKSR Board Meetings</b>	May 10
1:00 PM Edmonds SD ESC	July 12
20420 68th Ave W. Lynnwood	
Everyone welcome!	

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**MARK YOUR DATEBOOK**

May 15 Joint Meeting with Sno-Isle - LeBistro  
 June 4-6. WSSRA Convention - Spokane  
 July 19. Annual Picnic - Edmonds Park

**Spring Scholarship Luncheon a Success**

With plentiful salads, rolls, and cookies, the Spring Scholarship luncheon served 45 members and guests. After lunch, this year’s scholarship recipients were introduced by Linda Fitzgerald and Keith Lindaas. Following their presentation, a brief Sno-King Retiree business meeting was held including the election and installation of officers for 2012-2013. Jim Siscel—President, Roberta Hawkins—Vice-President, Cheryl Bauer—Secretary and Donna Murrish—Treasurer.

After a brief break, the luncheon attendees were entertained by the 19 member Marimba Band from Sherwood Elementary, directed by Phil Onishi. These 4<sup>th</sup> through 6<sup>th</sup> grade students really presented a lively program. In closing, Dave Johnson, assisted by Jim Siscel, distributed the many donated raffle items. The raffle raised \$148 for the scholarship fund. Thanks to all for your generosity.



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*Marimba Band from Sherwood Elementary School*

## 2012 SKSR SCHOLARSHIP RECIPIENTS

**Rachel Magnenat** - Lynnwood High School **Hope Odendahl** - Inglemoor High School  
**Samantha Tengs** - Edmonds-Woodway High School **June Woo** - Meadowdale High School  
 Each of these students will receive a \$1200 scholarship that may be renewed for three years.



**Rachel Magnenat** plans to attend Seattle Pacific University where she will pursue a Bachelor of Arts in education with an emphasis in special education. She has challenged herself with rigorous courses while at Lynnwood High School including completing two community college classes during the summer so she could continue in music and leadership classes during her senior year. Rachel has participated in tennis for all four years as well as band and musical theater. She has held ASB offices, was a representative to Evergreen Girl's State and been a Link Crew leader. Outside of school she been involved in Young Life as a leader while working two jobs. Rachel has been described by her school counselor as a "take charge person who works well with others". Her music teacher states that "While Rachel is a fine musician, what I find most admirable about her is the balance that she has as a student, athlete and performer.

**Hope Odendahl** will be attending Western Washington University in the fall to pursue her dream of being a teacher. Her dedication to this goal is evidenced by her involvement in the Teaching Academy at Inglemoor High School for the past two years. She spends 4 to 5 days a week in a third grade classroom as part of her program. Her love of children is also shown by her volunteer work with the children's programs at her church, her employment at a nursery that cares for children from ages 6 weeks to 6 years, and her work this summer as a camp counselor. In school she has challenged herself with IB and AP classes. Her astronomy teacher, who observed her in the third grade classroom, reports "She had an obvious rapport with the students and showed great class management skills".



**Samantha Tengs**, a student in the IB program at Edmonds-Woodway High School, will be attending Seattle University to pursue a degree in Elementary Education. She has participated in soccer both at EWHS and in the community during her high school years. She has volunteered at Brier Elementary for the past two years and has spent numerous hours also tutoring students in Spanish at Pueblo Ingles. Samantha's school counselor says "She is a quiet leader by example and has insatiable academic curiosity.



**June Woo**, a senior at Meadowdale High School, will be attending a university to pursue the dream she has had since she was five years old of becoming a teacher. Music is a significant part of June's life since 2002 with her involvement with the Cascade Youth Symphony Orchestra and her high school involvement in the school's chamber orchestra. She has played on the school's tennis team during her high school years and been an officer of Key Club. One of June's teachers says "June is an extraordinary young woman, marked by excellent study habits, genuine thoughtfulness, and truly outstanding abilities.



**THANK YOU VERY MUCH FOR YOUR REMEMBRANCES TO THE SCHOLARSHIP FUND**

In memory of **Jerry Allen** - Linda Fitzgerald - Bea Aigner  
 In memory of **Gordon Bowers** - Robert Bisnett - Sally Bjornson - Rita Requa - Eric & Sally Barnum  
 In memory of **LaVerne Tiedeman** - Gamma Chapter of Alpha Delta Kappa  
 In memory of "**Si**" **Siverson** and **Jeanne Zimmerman** - SKSR  
 Donations: Phyllis Fiege, Roberta Hawkins, Rachel Lake, Robert Gose

**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

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**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](mailto:egsnook@comcast.net)! We need your feedback to make the best decision for Sno-King! **Respond by August 1st!**

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](http://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:



**Healthy News** Dr. Gary Reul, Ed.D.Blood Pressure

Know the numbers. **Systolic Pressure** is the top number. It represents the pressure as your heart contracts to pump blood through the body. **Diastolic Pressure** is the bottom number. It represents the pressure between beats when your heart relaxes.

**Normal** < 120 / <80 – Below this level is considered normal; however, you should continuously strive to reduce your blood pressure.

**Pre-Hypertension 121-139 / 81-89** – This means you don't have high blood pressure yet, but your odds of developing it may increase.

**Stage 1 Hypertension 140-159 / 90-99** – When reaching these levels, you are considered to have high blood pressure, but it's still manageable.

**Stage 2 Hypertension >160 / >100** – This stage of hypertension is considered severe and may increase the risk of heart attack or stroke. Consult your physician for further information.<sup>1</sup>

Gum Disease

Researchers know there's a relationship between oral health and overall wellness. Gum disease is linked to a host of illnesses including heart disease, diabetes, respiratory disease, osteoporosis, and rheumatoid arthritis.

Gum disease is the most common chronic inflammatory condition in the world, yet it's often a silent disease. Have your mouth checked at least every six months by your local dentist.<sup>2</sup>

Water - Vital To Life

Do you drink enough water every day? Probably not. If your urine is colorless or only a slight yellow, your water intake is generally sufficient. If it is a darker color, you need to drink more water or eat foods with high water content. Life cannot exist without water.

- 70% of the brain consists of water.
- 55% of a woman's weight is water.
- 60% of a man's weight is water.
- All foods contain water, even those that seem very dry... cucumbers 95% ...potatoes 80% ...bananas 75% ... corn flakes 4%... salted peanuts 1%.
- A person can live for seven days without water and a month without food.

**What are the complications of dehydration?**

Dehydration is a serious problem for many older individuals. Complications may occur because of the dehydration, and/or because of the underlying disease or situation that causes fluid loss.

Kidney failure is a common occurrence, although if it is due to dehydration and is treated early, it is often reversible. As dehydration progresses, the volume of fluid in the blood decreases, and blood pressure may fall. This can decrease blood flow to vital organs like the kidneys, and like any organ with a decreased blood flow, it has the potential to fail to do its job.

Decreased blood supply to the brain may cause confusion and even coma. If enough organs begin to malfunction, the body itself may fail, and death can occur.

In dehydration, electrolyte abnormalities may occur since important chemicals, like sodium, potassium, and chloride, are lost from the body through sweat. For example, patients with profuse diarrhea or vomiting may lose significant amounts of potassium, causing muscle weakness and heart rhythm disturbances.

Become aware of your own hydration levels and drink plenty of fluids each day. Note: Drinking some beverages with caffeine or alcohol have a dehydrating effect.<sup>3</sup>

Whooping Cough

Whooping cough was rampant in the 1940s and is again rising to almost epidemic levels, especially in Washington where so many children have not been vaccinated. Also known as pertussis, it is a very contagious bacterial infection that can be deadly to small infants who have not been vaccinated. Despite the availability of an effective vaccine since the 1940s, the number of cases of whooping cough have been increasing over the past two decades in all age populations. A pertussis vaccination is only good for about 10 years and then is only 85% effective. Some pharmacies are offering whooping cough vaccinations, and of course your local physician's office. Older individuals may have a cough and not even know that it is whooping cough, but can be a carrier. Protect yourself and your grandchildren and get vaccinated. While you are at it, look up your vaccination record and see what else you might be missing. Most vaccinations have a time limit on their effectiveness.<sup>4</sup>

Sources:

<sup>1</sup> Rite Aid Pharmacy and Omron

<sup>2</sup> Newsweek Magazine

<sup>3</sup> Parts from Science Illustrated Jan/Feb 2012

<sup>4</sup> Internet and Seattle Times Editorial, April 7, 2012

**IN MEMORIAM**

Siverson, Carroll (Si), Northshore, 3/31/2012

Zimmerman, Jeanne H, Shoreline 3/2012

**Food Lifeline Service Project**

Fifteen SKSR members took part in a service project at Food Lifeline on March 15<sup>th</sup>. Arriving at 1pm, we signed in, received background information about Food Lifeline, and were then given a tour of the facility. Next we divided into two groups. One group was repackaging frozen french fries into three-pound packages. The french fries were shoveled out of a 4’x4’x4’ plastic lined cardboard container into 2’ wide by 2 ½’ long by 1’ deep plastic containers. We then scooped the fries into new plastic bread wrappers that had been labeled with the correct contents, twist tied them and put eight bags into re-used banana boxes. That crew went through 1 ½ of the large containers. The second group was repackaging food drive non-perishable items into re-used apple boxes that weighed 30 pounds each. After three hours we had repacked 2,802 pounds of French Fries and “food drive” food, which would provide over 4,000 meals. This food would be distributed to local food banks that would pass it out within the next 2-3 days. We were tired, but felt very good about what we had accomplished. Everyone felt that we should continue this as our service project next year, maybe even doing this twice during the year.



*SKSR members repackaging french fries*

**LEGISLATIVE REPORT**

The supplemental budget passed in the wee hours of April 11. The agreement took one regular session, two special legislative sessions and an addition 7 hours! How does this budget agreement affect to SKSR members, both retired and active?

For retirees, the necessary \$146 million payment to the TRS/PERS Plan 1 unfunded liability will be paid. The \$150 Medicare Subsidy for Healthcare was maintained!

For Actives, TRS/PERS Plan 2 is still open for new school employees.

For future State and school employees, early retirement benefits were reduced.

The Select Committee on Pension Policy, WA State Dept. of Labor or Industries and the OSPI will study risk classifications for state and school employees to make recommendations to the Legislature for addition Early Retirement factors in certain strenuous school and public employment positions.

K-12 Healthcare Benefits: SB 5940 was dramatically altered from its original version and does not affect retirees.

It provides that school districts are required to offer health plans with a wide range of premium options. Family premiums will be required to be less than 3X the cost of individual coverage.

K-12 health plan date will be reviewed and analyzed by the Insurance Commissioner Office.

Policy Recommendations will be made to the 2016 Legislature after review of the Office of the Insurance Commissioner and the WA State Health Care Authority.

The final pension reform legislation (SB 6378) was drastically diluted. It retained many retirement benefits the original proposal was designed to eliminate. WSSRA and its coalition partners were able to eliminate most of the bill’s provisions.

**THANK YOU** for your contacts with area legislators. It appears that the 1st, 21st, and 32nd District Representatives heard from us and supported our issues.

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### Your Help Is Needed

We need a person from our Sno-King Unit to represent the NW-1 Region at the State Membership Meetings. There is **no experience necessary** and we are looking to involve more members. Our region (Whatcom, Skagit, San Juan, Island, Snohomish and North King counties) needs a representative to the State Membership Committee and our unit is being tapped to provide this person. There would be three meetings to attend: in September, April (traditionally in Yakima) and June at WSSRA Convention, this year in Spokane. Your job, should you choose to accept it, would be to report membership information back to the NW-1 Region in October, January and March in Mt. Vernon. Carpooling is readily available to all meetings and your travel and hotel arrangements, if needed, are paid for. Contact Jim Sisco at 425-778-7202 or at [asjs68@earthlink.net](mailto:asjs68@earthlink.net). We would appreciate your help!

## 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](mailto:bobpatjones@frontier.com) Note that the class is a "two-consecutive-days class," which can be selected during the month of your choice.

**2012 Dates**  
May Tues/Wed 22-23  
June Wed/Thur 27-28  
July/Aug. No Programs

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**HELP US WITH INFORMATION TO PUT IN THE BULLETIN**

The deadline for the next newsletter is 8:00 AM, **Friday June 22**

Send news and other materials to

**Dave Johnson** 814 6th Ave. So. Edmonds, WA 98020, [damajo3@comcast.net](mailto:damajo3@comcast.net), or 425-776-7298.

Address, phone or e-mail changes should be sent to **Erma Snook** [egsnook@comcast.net](mailto:egsnook@comcast.net) or  
425-776-2067.

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

To help with mailing our next Bulletin on **Monday, July 2** call

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

**Welcome New Members:**

Pg 20 Christensen, Eunice, 2415 149th Pl SE, Mill  
Creek, WA 98012-5722

Pg 26 Egtvedt, Hilikka, 5904 96th St SW, Mukilteo,  
WA 98275-3504

Pg 32 Greenwalt, Karen, 5604 Sunset Lane,  
Everett, WA 98203-3105

Pg 33 Hanson, Margery, 19607 51st Ave SE,  
Bothell, WA 98012-7438

Pg 55 Norgaard-Reid, Barbara A, 522 2nd Ave N,  
Edmonds, WA 98020-3106

Pg 60 Pomeroy, Barbara H, 229 3rd Ave S, Apt  
#302, Edmonds, WA 98020-8410

Pg 64 Ruff, Sharon, 55 Pine St Apt #212, Edmonds, WA  
98020-7259

Pg 66 Scott, Marilynne, 19009 88th Pl NE, Bothell, WA  
98011-2268

**Address Changes:**

Pg 35 Haycox, MaryAnn, 15706 Greenwood Ave N,  
Shoreline, WA 98133-5914

Pg 71 Taylor, Kathleen, 201 Bowden St, Roseburg, OR  
97470-5311

Pg 73 Trujillo, Cynthia, P O Box 1173, Woodinville, WA  
98072-1173

Pg 79 Zody, Cynthia, 2395 229th Pl SW, Brier, WA  
98036-8353