

SKSR Bulletin



February 2013

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 Roberta Hawkins, Vice President
 Cheryl Bauer, Secretary/Schl Fin
 Donna Murrish, Treasurer/Entertain- Books
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 Erma Snook, Membership Records
 Ellie Bonanno, Schl Fin
 Bob Jones, RetirPlan/Web Page
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 Don Denton, Schl Fin
 Bruce Caldwell, Directory
 Barbara Berg, Outreach/Scrapbook
 Dave Johnson, *SKSR Bulletin* Editor/Schl Fin



A message from President Jim Siscel

We have had some great activities since our last Bulletin. See reports on the November Scholarship Luncheon, December Cookie Fest and Sing-a-Long elsewhere in the Bulletin.

For those of you who indicated a desire to receive the Membership Directory it should be arriving shortly. If you do not receive it by the end of February, and want one please contact Erma Snook (egsnook@comcast.net or 425-776-2067). We are not sending the Membership Directory to those whose telephone numbers and/or email addresses that we do not have. We had a number who didn't desire receiving the Membership Directory. The money saved in printing will be used for Scholarships and Active Educator Grants.

Please read Rita Requa's Legislative Report. To be very honest with you it does not look good for education retirees. You need to contact your legislators with your concerns and stories. Please sign up to receive legislation information from WSSRA as indicated in Rita's report.

Mariners Game Friday, May 10

If you are interested in attending the Mariners game on Friday, May 10th at 7:05 pm contact Jim Siscel (asjs68@earthlink.net or 425-778-7202). Tickets are \$12 for 300 Level seats starting at Row 15. Seats are in a section behind Home Plate. Respond by April 24th.

YOU'LL FIND INSIDE

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MARK YOUR DATEBOOK

February 21 Emergency Preparedness Meeting
 March 21 Theo's Chocolate Field Trip
 April 18 Scholarship Luncheon
 May 10 Mariners Game
 May 16 Sno-Isle Joint Luncheon
 July 18 Picnic

SKSR

Board Meetings

1:00 PM
 Edmonds SD ESC 20420 68th Ave
 W. Lynnwood
 Everyone welcome!

- February 14
- March 14
- April 11
- May 9
- July 11

www.wssra.org

or

www.sksr.org



February Meeting

Emergency Preparedness

How prepared are you for a weather or seismic emergency? What do you know about what emergency service agencies can and do in emergencies? Answers to this and more will be covered by Mr. Dan Good, Emergency Management Coordinator for the Emergency Services Coordinating Agency (ESCA) at our February 21st, 1 pm, meeting at the Edmonds School District Office in the district board room.

Dan will cover who and what ESCA is and does, the cities in SW Snohomish and north King County that ESCA supports as well as the ESCA volunteer components (Community Emergency Response Teams and Radio Amateur Communication Emergency Service).

He will tell us what we can do to make sure we are prepared for an emergency. We will be told of the items we should have on hand in the event of an emergency situation. A number of handouts will be available for those in attendance.

Theo's Chocolate Factory Field Trip

Satisfy your craving for chocolate and enjoy good company. On this tour we learn about the history, farming, and politics of chocolate and will see how it is processed from bean to bar. AND we get to sample the product! Come join the group on March 21, 2013. Tour begins at 11 am. Participants pay \$10 each (\$6 for the tour and \$4 for gas/parking.). Make check payable to Sno-King School Retirees and bring with you. We have pre-paid Theo's Chocolate, so if for some reason you aren't able to come your fee is still due. Sign up with Roberta Hawkins (rlhawkins@aol.com or 206-546-2556). We will meet to carpool at Aurora Village parking lot near Bank of America at 10:15 am. Group is limited to 25 on a first come first served basis.



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November Scholarship Luncheon & December Cookie Fest/Sing-a-Long

Forty-two attendees enjoyed our November Scholarship Luncheon and the great food brought by many of the attendees. Brian Ayers, SKSR member, and his group the Far Shore Four entertained us with music of the 30's, 40's and the Swing Era. Our usual raffle saw many great items being received by the winners. We raised \$565 for the Scholarship Fund.

Our Cookie Fest/Sing-a-Long was enjoyed by twenty-four attendees. The many and varied cookies were sampled and quickly sold once the sale period opened. Bruce Caldwell accompanied us on the keyboard as we sang along. Superintendents Larry Francois (Northshore) and Nick Brossoit (Edmonds) updated us on what is happening in their respective districts.



Sno-King Members enjoy December Sing-a-Long



Cookie Sampling Time



November entertainment left to right: Bill Dergan, tenor; Chuck Benson, bass; Paul Renhard, lead; and Brian Ayers, baritone.

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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IN MEMORIAM

Cochran, Fred, December 19, 2012, Edmonds School District

Lyons, Harold Dean, November, 2012, Shoreline School District

Nordeen, Robert, December 7, 2012, Edmonds School District

Norris-Kluka, Regina, January 6, 2013

Roloff, Joyce E, November 28, 2012, Shoreline School District

Yantis, Elna P, January, 2013, Edmonds School District.

BE ALERT, BE INFORMED, STAND UP AND BE HEARD!

Rita Requa, WSSRA Legislative Committee

As I write this article the Legislative Session has not begun, but it is scheduled to be the long session (Jan 14-April 18) and, from past experience, their business may not be concluded at the end of the 105 day session. The impact of the 2/3 majority vote to raise taxes, the court decision regarding school funding, the affect of the unknown Senate leadership, and the projected \$2.8-3.0 billion shortfall could spell trouble for retirees and actives alike. *The Medicare eligible subsidy for healthcare is at risk. It is time to be vigilant.* Refer to the latest issue of the WSSRA Journal for additional information about our issues and concerns.

Check out the WSSRA Website (www.wssra.org) Click on "Join WSSRA Mailing List". Joining the mailing list will allow WSSRA to send you legislative updates and urgent action requests.

There is a yellow pull-out page in this issue of the SKSR Bulletin with Legislator names and contact information. Save this page near your computer (or phone) and act immediately when asked.

The best way to communicate directly with your legislator is via email as legislators can retrieve email when on the "floor", in committee meetings, or anywhere in between. Tell them your story; how their actions affect your daily life. You need to be specific about the issues, i.e. your pension check, your healthcare premiums, your co-pays, etc. If you do not have access to a computer, a handwritten letter is effective. There are sample letters on the WSSRA website, Legislative menu (How to Contact a Legislator). A message to the Legislative Hotline will get to his/her office, but may not get the attention of the legislator.

Be alert, be informed, stand up and be heard!

Retirement Seminars Schedule

Who: Employees & spouses: Edmonds, Mukilteo, Northshore and Shoreline School Districts. There is no cost and confirmation to attend is not necessary.

Location: Edmonds District Administration Bldg. 20420 68th Ave W. Lynnwood, WA

All sessions start earlier than in past years.

Session 1: Wednesday, February 27, 2013, 5:00 – 7:00 PM

Katie Sherwood, Benefits Supervisor, Edmonds SD and Panel of Retirees. Topics: Who, What, When, and Why and What you wish someone had told you.

Session 2: Wednesday, March 7, 5:00 - 7:00 PM State Medical/Dental Plans and VEBA III

Session 3: Wednesday, March 14, 5:00 -8:30 PM WA State Retirement System TRS 1 TRS 3
SERS 3 5:00 - 6:20 PM; Deferred Comp 6:30 – 7:00 PM; TRS 2 PERS 1 PERS 2 7:10 – 8:30 PM

Session 4: Wednesday, March 21, 5:00 – 7:00 PM Preparing For a Lifetime in Retirement.
Richard Fowler-D.A. Davidson & Co and Christy Gatien Financial Advisor

Session 5: Wednesday, March 28, Note Early Time, 4:00 – 5:00 PM Social Security and Medicare

**LEGISLATIVE CONTACTS FOR
WSSRA AND SNO-KING SCHOOL RETIREES
2013-2014**

CONTACT YOUR LEGISLATORS REGARDING OUR ISSUES

Legislative Hotline **1-800- 562-6000**

Legislative Message Center **1-800-221-1269**

Legislative Districts: **1, 32, 38, 43, 44, 45, 46, 48**

District 1 Senate

Sen. Rosemary McAuliffe-D
LEG 403, Olympia 98503
1-360-786-7600
rosemary.mcauliffe@leg.wa.gov

District 32 Senate

Sen. Marilyn Chase-D
JAC 241, Olympia 98503
1-360-786-7662
marilyn.chase@leg.wa.gov

District 43 Senate

Sen. Ed Murray-D
JAC 303, Olympia 98503
1-360-786-7628
ed.murray@leg.wa.gov

District House 1a

Rep. Derek Stanford-D
JLOB 318, Olympia 98503
1-360-786-7928
derek.stanford@leg.wa.gov

District 32 House 32a

Rep. Cindy Ryu-D
JLOB 324, Olympia 98503
1-360-786-7880
cindy.ryu@leg.wa.gov

District 43 House 43a

Rep. Frank Chopp-D
LEG 339C, Olympia 98503
1-360-786-7920
frank.chopp@leg.wa.gov

District House 1b

Rep. Luis Moscoso-D
JLOB 332, Olympia 98503
1-360-786-7900
luis.moscoso@leg.wa.gov

District 32 House 32b

Rep. Ruth Kagi-D
JLOB 308, Olympia 98503
1-360-786-7910
ruth.kagi@leg.wa.gov

District 43 House 43b

Rep. Jamie Pedersen-D
LEG 436B, Olympia 98503
1-360-786-7826
jamie.pedersen@leg.wa.gov

District 21 Senate

Sen. Paull Shin-D
LEG 407, Olympia 98503
1-360-786-7640
paull.shin@leg.wa.gov

District 38 Senate

Sen. Nick Harper-D
JAC 226, Olympia 98503
1-360-786-7674
nick.harper@leg.wa.gov

District 44-Senate

Sen. Steve Hobbs-D
JAC 239, Olympia 98503
1-360-786-7686
steve.hobbs@leg.wa.gov

District 21 House 21a

Rep. Mary Helen Roberts-D
JLOB 420, Olympia 98503
1-360-786-7950
maryhelen.roberts@leg.wa.gov

District 38 House 38a

Rep. John McCoy-D
LEG 132A, Olympia 98503
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john.mccoy@leg.wa.gov

District 44 House 44a

Rep. Hans Dunshee-D
JLOB 314, Olympia 98503
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hans.dunshee@leg.wa.gov

District 21 House 21b

Rep. Marko Liias-D
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District 38 House 38b

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mike.sells@leg.wa.gov

District 44 House 44b

Rep. Mike Hope-R
JLOB 466, Olympia 503
1-360-786-7892
mike.hope@leg.wa.gov

District 45 Senate
 Sen. Randy Hill-R
 INB 203, Olympia 98503
 1-360-786-7672
randy.hill@leg.wa.gov

District 46 Senate
 Sen. David Frockt-D
 LEG 402, Olympia 98503
 1-360-786-7690
david.frockt@leg.wa.gov

District 48 Senate
 Sen. Rodney Tom-D
 JAC 220, Olympia 98503
 1-360-786-7694
rodney.tom@leg.wa.gov

District 45 House 45a
 Rep. Roger Goodman-D
 JLOB 328, Olympia 98503
 1-360-786-7878
roger.goodman@leg.wa.gov

District 46 House 46a
 Rep. Gerry Pollet-D
 JLOB 317, Olympia 98503
 1-360-786-7886
gerry.pollet@leg.wa.gov

District 48 House 48a
 Rep. Ross Hunter-D
 JLOB 315, Olympia 98503
 1-360-786-7936
ross.hunter@leg.wa.gov

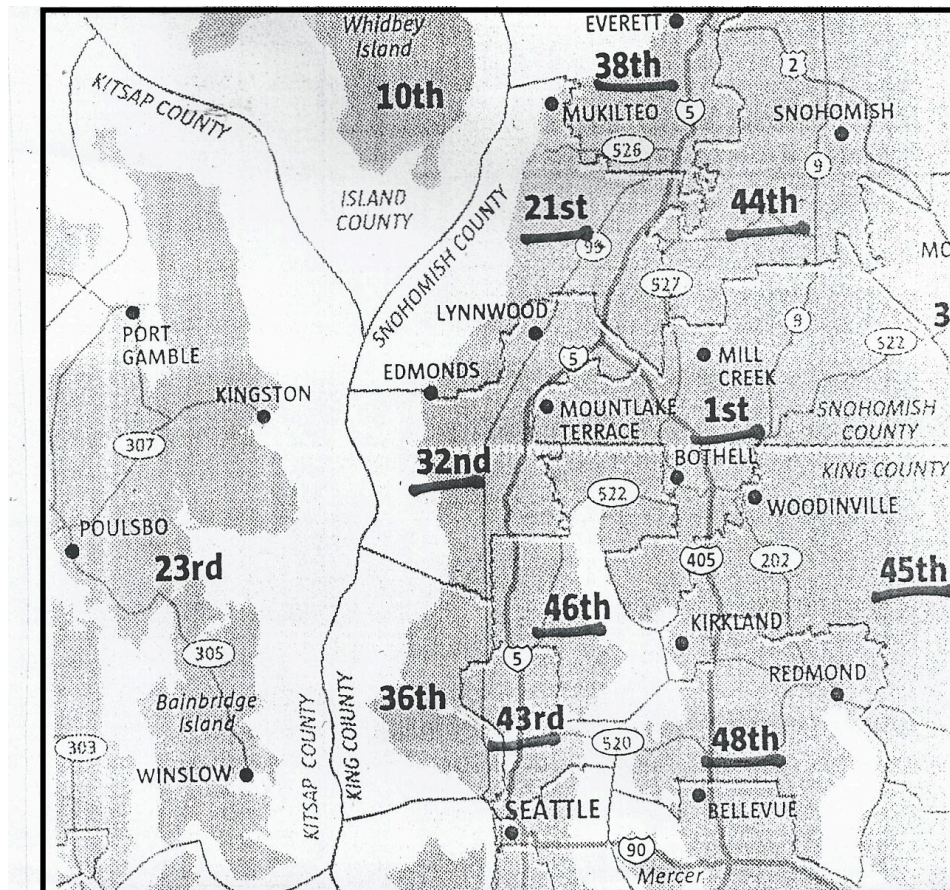
District 45 House 45b
 Rep. Larry Springer-D
 LEG 132 E, Olympia 98503
 1-360-786-7822
larry.springer@leg.wa.gov

District 46 House 46b
 Rep. Jessyn Farrell-D
 JLOB 370, Olympia 98503
 1-360-786-7818
jessyn.farrell@leg.wa.gov

District 48 House 48b
 Rep. Cyrus Habib-D
 LEG 132 D, Olympia 98503
 1-360-786-7848
cyrus.habib@leg.wa.gov

WASHINGTON STATE LEGISLATIVE DISTRICTS - NORTH PUGET SOUND AREA

Source: *Washington State Redistricting Commission*



Healthy News

Dr. Gary Reul, Ed.D.

Far Less Salt

Our ancient ancestors probably consumed about 700 milligrams (mg) of sodium daily, about the same amount as those who live in hunter-gatherer societies today. People in these societies have virtually no high blood pressure. The average American now consumes about four times this much salt, and high blood pressure raises the risk for heart disease and stroke, which are the leading causes of death in the US.

No one needs extra sodium. Every natural food, including fruits and vegetables, contains enough sodium to keep us healthy. Anything “extra” is unnecessary – and often unhealthy.

No more than 1,500 mg of sodium daily is the recommendation of health officials. Less is better. Relatively little of the sodium in the American diet comes from the salt shaker – most comes from processed canned foods. Read labels carefully, even when you think a food is “healthy.” A glass of tomato juice, for example, has more than 800 mg of sodium. One tablespoon of soy sauce has 1,200 mg. Source: *Bottom Line Personal* – April 2011

Tylenol

Acetaminophen (Tylenol) overdose is one of the most common poisonings worldwide. People often think that acetaminophen, a pain-relieving medicine, is extremely safe. However, it may be deadly if taken in **large** doses. Acetaminophen is an active ingredient found in more than 600 over-the-counter and prescription medicines. Acetaminophen is found in Anacin-3, Liquiprin, Panadol, Percocet, Tempra and various cold and flu medicines. Tylenol recommends only eight 500 milligram tablets in 24 hours (but the company is considering reducing that amount to six 500 milligram tablets). If you take more than that, you should speak with your physician. Acetaminophen can add up if you take Tylenol tablets and then some other over-the-counter drugs or prescriptions. **Read all labels** to determine what the ingredients are in any drugs that you purchase. If you have a prescription that doesn't list

the ingredients, ask your pharmacist. Sometimes the drug is listed as “APAP.” If you accidentally overdose, call 911 or the National Poison Control Center at 1-800-222-1222. An overdose can cause severe liver damage and even death. Source: *MedlinePlus* – NIH National Institutes of Health

Common Pill Blockers To Watch Out For

Common everyday foods can block the absorption of your medications. What blocks what? • **Foods:** Milk and yogurt – **Blocks:** Iron supplements; many antibiotics, including fluoroquinolone, ciprofloxacin and “cycline” antibiotics like tetracycline; thyroid hormone; and penicillamine (Cuprimine, Depen), a disease-modifying antirheumatic drug. • **Foods:** Apple, orange and grapefruit juice – **Blocks:** Disease-modifying antirheumatic drugs, including methotrexate (Theumatrex, Trexall); cyclosporine (Gengraf, Neoral, Sandimmune), a drug used for severe psoriasis and rheumatic arthritis; beta blockers like acebutol (Sectral); cancer drugs like etoposide (Etopophos, Vepesid); alendronate (Fosamax), an osteoporosis drug; the allergy medicine fexofenadine (Allegra); some antibiotics including ciprofloxacin (Cipro) and levofloxacin (Levaquin). • **Foods:** Coffee – **Blocks:** Alendronate; the antibiotic penicillin • **Foods:** Foods rich in vitamin K, including leafy green vegetables and liver – **Blocks:** Blood thinners like warfarin (Coumadin) Source: *Arthritis Today*, Vol.1 Issue No. 3.

Diet Soda Dilemma

Can zero-calorie drinks make you gain weight? The problem with diet soda is the artificial sweetener like aspartame and sucralose. They contain virtually no calories but have negative health effects. Artificial sweeteners are about 180 times sweeter than regular sugar, which can make one crave (and eat) sweeter and higher-fat foods. If you have a diet soda, you might feel as if you can have dessert. Dessert is a bad swap, since we need healthier foods as we age. So should you drink diet sodas? It is recommended that you avoid them and choose other options such as fresh-brewed green tea or coffee or water with a splash of natural fruit juice. Or drink milk fortified with vitamin D to help build strong bones. Source: AARP

All of us could take a lesson from the weather. It pays no attention to criticism.

NW 1 COORDINATING COUNCIL MEETING JANUARY 2013

Seven SKSR members, Rita Requa, Barbara Berg, Erma Snook, Donna Murrish, Betty Odle, Jim Siscel and Roberta Hawkins, attended the NW-1 Coordinating Council meeting Jan. 7 in Mt. Vernon.

Erma Snook (President) welcomed attendees and we quickly approved the Oct. 1 minutes. Marriane Harvey, NW-1 District Representative, then gave her report. She reported that we have 18,019 state members as of the last report.

The January/February WSSRA Journal reflects the State committee reports. Note the Legislative concerns and the Outreach ideas for local activities. Changes are being made in the state Scholarship process with more information to come.

Several motions regarding membership communication issues between units and state offices were passed and sent on to the Executive Board. Come join us at the March 4, 2013 meeting where we will hear from Nick Schultz, WSSRA President-Elect, have a silent auction and learn more about what has been happening in the legislature.

2013 SCHOLARSHIPS

SKSR will again award four \$1200 scholarships to graduating seniors from Edmonds, Northshore, and Shoreline School Districts. These scholarships then can be renewed for the next three years with the Winnie Smith Scholarship as long as the criteria are met. Graduating seniors interested in pursuing education as a career may apply, with the selection being made on the basis of scholarship, career goals in education, school activities, community service and may or may not include consideration of financial need. Completed applications must be post marked by the deadline of March 22, 2013. Applications may be found in each high school's scholarship center and also on line at www.sksr.org. Winners will be honored at our annual scholarship luncheon on April 18th.

HEARTFELT THANKS TO ALL WHO HAVE SENT DONATIONS AND/OR MEMORIALS TO THE SCHOLARSHIP FUND.

Your generosity & remembrances are very much appreciated.

Welcome New Members:

Broulette, Laurie, 23344 32nd Ave W, Brier, WA 98036
Callahan, Michael, 6616 57th Ave NE, Seattle, WA 98155
Davis, Terri, 1721 NE 91st ST, Seattle, WA 98115
Edwards, Monica, 19025 57th Pl NE, Kenmore, WA 98028
Escandon, Steve A, 216 Pine Street, Edmonds, WA 98020
Jess, Janette, 22505 80th Ave W, Edmonds, WA 98026
Kelly, Brian, 22715 88th Ave W, Edmonds, WA 98026
Kennedy, Catherine, 14811 9th Pl NE, Shoreline, WA 98155
Langdon, Tom, 22304 36th W, Mountlake Terrace, WA 98043
Low, Virginia, 1408 NW 198th PL, Shoreline, WA 98177
Mager, Ingrid, 17021 10 Ave NW, Shoreline, WA 98177
McDowell, Susan, 1606 NW 198th ST, Shoreline, WA 98177
Newton, Mack, 17424 95th Ave NE, Bothell, WA 98011
Nichols, Penelope, 1045 NE 96th St, Seattle, WA 98115
Olney, Anthony, 156 NW 78th St, Seattle, WA 98117
Pollock, Sharann, 544 Pilchuck Path, Everett, WA 98201
Rust, Elizabeth, 20517 80th Ave W, Edmonds, WA 98026
Smith, Pamela K, 10504 34th Dr SE, Everett, WA 98208
Sogn, Gary, 19204 91st Ave NE, Bothell, WA 98011
Spencer, Nancy, 22620 93rd Pl W, Edmonds, WA 98020
Stenfjord, Tani, 117 NW 181st ST, Shoreline, WA 98177
Vincini, Kristin, 19157 7th Ave NE, Shoreline, WA 98155
Zavala-Overland, Viola (Gina), 22623 106th Ave W, Edmonds, WA 98020

Donations have been made by: Julie Bynum, Tom & Roberta Hawkins, Marilyn Irwin, Gayle Giffey-Keesler, Rachel Lake, Chuck & Pauline LeWarne, James Lockhart
In Memory of Robert B. Anderson: Margaret C. Dezell
In Memory of Ken Blain: Alma Ohtomo
In Memory of Fred Cochran: Ellie Bonanno, Phyllis Fiege
In Memory of Marion Fyall: Phyllis Fiege, Chuck & Pauline LeWarne, Alma Ohtomo, Virg Rayton, Priscilla Strand.

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Special Grant Drawing

It's not unusual in the fall to receive more grant applications than we have budgeted funds to cover. This year, however, after approving 30 grants, we ended up with an extra \$200. Therefore the Executive Board has authorized a special drawing. Here's how it worked. If you applied for a grant, and it was NOT funded, your name was included in a drawing for one of two additional grants of \$100. The lucky recipients have been notified of their good fortune.

Time In The Garden

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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.

2012-2013 Dates

- Feb. 12 & 13 Tue. Wed.
- Mar. 20 & 21 Wed. Thur.
- Apr. 22 & 23 Mon. Tue.



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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 March 22**

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, April 1** call
Marilyn Dauer 425-774-7445 or **Joan Hertrich** 425-778-9572

Address Changes:

Brenchley, Dorothy, 8921-135th Dr SE Snohomish, WA 98290
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Chapman, Mildred F. 19334 Kings Garden Dr N, APT 210
Shoreline, WA 98133
Green, Mary, 12501 Greenwood Ave. N APT C204 Seattle,
WA 98133
Horst, Cynthia, 15225 117th Pl NE Kirkland, WA 98034
Johnson, C. Betty, 1150 N 192nd St APT 610, Shoreline, WA
98133
Keenan, Kathy, P O Box 3013, Woodinville, WA 98072
Lindner, Janet, 5400 Harbour Pt Blvd C203, Mukilteo, WA
98275
Vickery, Carolyn L, P O Box 2184, Show Low, AZ 85902

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In Memory of Bob Nordeen: Eric & Sally
Barnum, Ellie Bonanno, Phyllis Fiege, Linda
Fitzgerald, Bunny & Bill Fortune, Rachel Lake,
Terri Malinowski, Donna Murrish, Virg Rayton,
Carol Robinson, Esther Sellers, Erma & Gil
Snook, Priscilla Strand

In Memory of Regina Norris-Kluka: Ellie
Bonanno

In Memory of Ron Robinson: Carol Robinson

In Memory of Joyce Roloff: Phyllis Fiege

Sno-King School Retirees in Memory of: Fred
Cochran, Harold Lyons, Bob Nordeen, Regina
Norris-Kluka, Joyce Roloff, and Elna Yantis