

SKSR Bulletin



July 2013



A message from President Jim Siscel

Good news, SKSR does have a President and Secretary for next year. Thank you Cheryl Bauer for taking on the President responsibility. Thank you Jan Phillips for filling the Secretary position that Cheryl left. Roberta

Hawkins will continue at Vice-President and Donna Murrish continue at Treasurer. They will be installed at our picnic.

Congratulations to SKSR member Frank Halferty of Einstein Middle School for being named 2013 Shoreline Teacher of the Year. Frank teaches 7th grade Concert Band, 7 & 8th Grade Symphonic Band, 8th Grade Wind Ensemble, and 7th Grade Concert Orchestra. In addition, he is the Shoreline District Music Coordinator.

As I write this, our Legislators haven't completed the budget for the next year. Hopefully as it is finally accepted it won't cut our retirement benefits. Thank you to those of you who contacted your legislators when you were asked. Our input is important and our legislators do listen when we contact them.

With the passing of Bob Jones we lost our SKSR webmaster. I have taken on that position. I have done a complete make-over of our SKSR website. I can include pictures of our activities. If you want to RSVP for the picnic you can. You can contact the SKSR President from the website. There are a number of new links that you might want to look at. Please take a look and let me know what you think. Any suggestions are appreciated and if I can include them I will. If anyone would like to share information and pictures about a trip you have taken contact me via the first page of "Our Trips" on the website. The website address continues to be www.SKSR.org.

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, Schl Fin/ Leg
 Erma Snook, Membership Records
 Ellie Bonanno, Schl Fin
 ...?..., Retir. Plan/ Web Page
 Alice Bingaman, Schl Fin/ Retir. Pln
 Gary Reul, Health
 Keith Lindaas, Linda Fitzgerald, Scholarship
 Marilyn Dauer, Joan Hertrich, Telephone
 Marlene Johnson, Hospitality
 Virg Rayton, Grants
 Evelyn Nordeen, Sunshine
 Marilyn Dauer, Telephone/ Bulletin Folding
 Don Denton, Schl Fin
 Bruce Caldwell, Directory
 Barbara Berg, Outreach/ Scrapbook
 Dave Johnson, SKSR Bulletin Editor/ Schl Fin

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MARK YOUR DATEBOOK

**July 25 4th Thursday-Annual Picnic-
Edmonds Park**

August 14 Annual Board Planning Retreat

SKSR Board Meetings

1:00 PM Edmonds SD ESC 20420 68th
 Ave W. Lynnwood Everyone welcome
 July 11
 August 14 Annual Board Planning Retreat

Welcome New Members:

Arnold, Ann R, 717 10 Ave E, Seattle, WA 98102
 Payton, Teresa L, 6507 Palantine Ave N, Seattle,
 WA 98103

Sno-King Picnic July 25th 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 Donna Murrish at 206-363-5753 or on our new website at the Picnic RSVP button by July 22nd, 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.

Legislators Need Your Input-Rita Requa

At the time I am writing this article, the Legislature still has not passed a budget. I am assuming the budget did get passed and signed by the Governor before June 30. So a big thank you to all who heeded the call to write, call or email legislators about our issues. If you are not on the WSSRA email list, go to their website, wssra.org, click on "Join Our Mailing List" and follow the simple steps to sign up and you will get the latest legislative news. Our issues will remain the same next year: maintain/improve the Medicare Eligible Health Subsidy, keep hands off of TRS and PERS Plans II and III, maintain pension funding and eventually restore the Plan I COLAS. If you have a chance this summer to meet any legislators, tell your story. They need to continue to hear from us.

UPDATE ON OUR WINNIE SMITH MEMORIAL SCHOLARSHIP WINNERS

Natalie Andrews and **Nicole Swenson** are in their final year of college and have received \$4800 in scholarship funds from SKSR.

Natalie from Woodinville HS and currently at Westmont College in California has combined her two passions of music and education. She will receive her bachelor's degree in music performance and also her music teaching credential. This fall she is participating in a music internship with an elementary school near Westmont. Natalie thanks us for this wonderful scholarship and says, "Without scholarships, my education and the dream of teaching would not come to fruition".

Nicole from Shorecrest HS and currently at Western Washington University thanks us for our continued support of her education over the past few years. She states, "I have set a high bar for myself to become like the teachers I have had the pleasure to work with throughout my education". Nicole is a LLC (Language, Literacy and Cultures) major with Spanish as her minor and will be doing her student teaching this fall.

Sorcha Connor-Boyle, Colleen Hill, Timothy Lee and **Vincent Pham** have received \$3600 in scholarship funds toward their college expenses.

Sorcha from Shorewood HS and currently at Gonzaga University has had a challenging but very rewarding academic year. She completed her practicum in general elementary education and designed her first lesson plan and taught her students about hurricanes and KWL charts (Know-Want to Know-Learned). She is also working toward an early childhood endorsement in special education. Sorcha concludes by saying, "Thank you for your continuing support of my education because without you, I might not be here at Gonzaga".

Colleen from Lynnwood HS and currently at Western Washington University is in the Woodring College teaching program and is working toward a dual endorsement in both elementary (K-6) and special education (P-12). She has completed one quarter of her practicum where she taught math each week to a third grade class and loved it. Colleen says, "I love all my special education classes and would like to thank you for supporting my dreams".

Tim from Shorecrest HS and currently at the University of Washington is active in his fraternity as vice president. He is planning on taking a course called, "Dream Project" next fall. Dream Project is a unique course in that you get the opportunity to mentor high school students from local high schools to help them get into college. Tim finishes by saying, "I love mentoring students and I want to continue mentoring the young and molding future leaders in the future".

Vincent from Woodinville HS and at the University of Washington says that nearly everything he has done at the Uof W has been explicitly tied to his ambition to be the best teacher he can be in the future. He has completed not only his English major but has made progress in pursuit of a teaching endorsement in social studies. Vincent is also very involved in the Dream Project and finishes by saying, "My commitment to education is even stronger now that I know that there is demand and support for individuals to bring their passion and skills into the classroom".

**THANK YOU FOR YOUR DONATIONS TO THE
SCHOLARSHIP FUND**

Thanks to the following for donations made to the Scholarship Fund
 In memory of Nancy Swanson - Cheryl Bauer, Norma Fuhrman
 In memory of Virginia Hardiman - SKSR, Jack Rogers
 In memory of Joyce Roloff - Christy Jenkins
 In memory of Bob Jones - Alma Ohtomo
 In memory of William Peterson - Ellie Bonanno
 In memory of Fred Cochran and Bob Nordeen - Norma Fuhrman
 In memory of Hal Broenkow, Marlene Moats, & Phil Poole - SKSR

IN MEMORIAM

Broenkow, Hal A, 5/17/2013, Edmonds
 Hardiman, Virginia M, 4/17/2013,
 Shoreline
 Moats, Marlene L, 5/01/13, Edmonds
 Poole, Phillip B, 5/23/2013, Shoreline

SKSR-Sno-Isle Joint Lunch: We "relived" the dream

You've heard the expression "North to Alaska." Well, that is what we experienced at our joint luncheon on May 14, 2013 at Le Bistro, at the Sno-Isle Tech Center. After a filling and flavorful lunch, we "experienced" the joys and trials of training for and participating in the Iditarod Trail Sled Dog Race. Have you ever thought of ordering meat by the ton or ordering dog booties by the 1000s? Or have you made hundreds of dog cookies by freezing chopped chicken, rice and water on the hood of your truck? Our guest speaker has done all this. She was none other than Jan Steves, who had a dream of some day participating in the race from Anchorage to Nome known as the Iditarod. Through slides, pieces of gear to illustrate, Birdie one of the many dogs with whom she works and trains and through many delightful stories, Jan gave us a clear picture of what it is like to start from square one and build a team of dogs and the skills to complete such a race. Clearly, for her it is as much a lifetime journey to fulfill a dream as a thrilling experience to achieve a goal. As she says, "To simply finish the race is to reach your goal....you can come in last place and be a winner." This is a philosophy she shares with students across the state. She is involved in "Mushing for Literacy" through which she connects with classrooms and engages students in various learning objectives by following her throughout the course of her race.



Jan Steves with Birdie

Gil Snook—Carver of Beautiful Native American Wood Articles

After Gil Snook retired he built two wooden model ships. Having completed them he wasn't interested in doing more ships. Next he built a wooden train set for grandson. Looking for something new to do because he liked to work with wood, he went to a carving show in Arlington and saw the work that the carvers had done. At the show three years ago Gil got a small piece of wood to carve. He



enjoyed carving it and decided this was something that he wanted to do. He started taking classes at the Edmonds Senior Center that are led by a Master Carver, Ken Mayberry. He still attends these weekly sessions and Ken makes suggestions about the carvings that Gil is working on to make them better. After carving for a year some of the class members suggested that he take his carvings to the annual carving show put on by the Quilceda Carvers of Marysville. Gil has been doing this for the past two years. The show is annually at the Evergreen State Fairgrounds. This year he entered seven different objects. He was very successful winning First Place and Division Winner for his Sea Otter Festive Bowl.

First Place awards were received for his Orca Bowl, two Puffins Bowls, and Salmon Paddle. Second Place awards were received for the Golden Mask and Relief Tree Carving. After winning all of these awards Gil has now been promoted to the Intermediate Class of carvers.

Healthy News

Dr. Gary Reul, Ed.D.

Miracle Drug - Aspirin

An article by Michelle Jones, Editorial Director of *Bottom Line Health*, spring edition, reports on aspirin as still the miracle drug for millions of people.

She reports that *The Lancet* journal showed that people who regularly take aspirin can have up to a 58% lower risk of dying from cancer.

Other studies show regular aspirin use may reduce your risk of dying from colorectal cancer by 40%... lung cancer by 30%... and esophageal cancer by 58%. Previous studies have shown a decreased risk of dying from the most common form of breast cancer by up to 28%.

A Mayo Clinic study, published in the *American Journal of Epidemiology*, found men who took a daily aspirin or other NSAID were 25% less likely to develop moderate to severe symptoms of prostate enlargement.

Now, you might think with such positive findings, everyone should be taking aspirin for prevention. But, aspirin can have certain serious, and sometimes hidden side effects. For example...

Doctors commonly prescribe an aspirin a day to prevent a heart attack or stroke. But scientists have discovered long-term aspirin use can make you "aspirin-resistant." This means you're not getting the blood-thinning effects you need to avoid a heart attack or stroke.

In a study published in *The Journal of the American College of Cardiology*, stable cardiology patients who were aspirin-resistant took a daily dose of 325 mg of aspirin. After 2 years nearly 25% of the aspirin-resistant group suffered a heart attack or stroke--or died. That was more than twice as many as the control group!

A recent study conducted at Northwestern Memorial Hospital found that almost HALF of patients who suffered a stroke or transient ischemic attack (TIA) while regularly taking an aspirin a day were found to be aspirin-resistant.

So, how can you find out if you're aspirin-resistant?

Ask your physician to run a simple blood test called an optical platelet aggregation. This test is covered by most insurance plans and it can help you and your physician decide if you should continue to take

aspirin or stop, or change to a different blood thinner.

Other side effects of aspirin for some individuals may be stomach irritation, heartburn, facial swelling, asthma attacks, nausea, vomiting, ulcers, gastrointestinal bleeding and tinnitus.

A study printed in the medical journal *Ophthalmology* reports that long-term aspirin use increases your risk of cataracts by 44%.

More than 80 million aspirin are consumed in America each day.

Probably most people reading this article are taking an aspirin a day - either by your physician's orders or you just think it is a good idea.

Before you do any change in your aspirin intake, discuss it with your physician. In fact, never change a medication without discussing it with your physician.

Aspirin - A Life Saver

The other side of the aspirin coin says grab a 325 mg aspirin tablet and chew it up to help break up blood clots that cause a heart attack. If you feel you are having a heart attack, call 911 and then chew on an aspirin. Getting the drug into your system as you wait for emergency help can save your life. Bayer Aspirin Company is now putting out a crystal/powder form of aspirin in a paper tube that dissolves immediately in your mouth. This form of aspirin can be put in your wallet, purse or pocket.

What A Serving Size Looks Like

Have you ever wondered about what is a serving size for food? So often you will see charts that say eat so many servings of grain and so many of fruit, etc. So -

- ½ cup of cereal is the size of a small fist
- Three ounces of meat is the size of a deck of cards
- One medium fruit is the size of a baseball
- 2 tbsp. of peanut butter is the size of a pin-pong ball
- 1.5 ounces of low-fat cheese is the size of four dice.

Source: Rite Aid Pharmacy – Weight Management Pamphlet

YES!!!

- **I'm sure everything I can't find is in a safe secure place... somewhere.**
- **It is easier to get older than it is to get wiser**

May Trip to France and Princess Cruise of the British Isles

Jo and Bruce Caldwell, Linda Fitzgerald and Rita Requa arrived in Paris in early May. Bruce likes to drive and was a fabulous chauffeur on French roads. We stayed in Arromanches, a small village on the Normandy Coast and the site of the British landing on June 6, 1944, aka Gold Beach. Today one can still see the remnants of the prefabricated breakwater at sea and part of a landing wharf is still on the shore. These were installed on June 8, 1944. The highlight for all of us was Utah Beach. One walks a meandering path to the cliff above the beach, seeing many craters from allied bombs in preparation for landing, remains of German bunkers and we were reminded of the great sacrifices our soldiers made there. It was towards closing time and the attendant at the visitors center asked if we as Americans would like to participate in taking down the US flag. Yes, of course. Bruce lowered the flag and Jo, Linda and Rita folded the flag according to custom. We also visited the wonderful and extensive D-Day Museum in Caen. However, the Utah beach experience was a moment none of us would forget.

On our way to Paris, we stopped at Giverny, Monet's home with unbelievably beautiful gardens. In Paris we gathered our courage to go to the very top of the Eiffel Tower. Although the day was cloudy, the view magnifique!

To read more about their trip and cruise go to the SKSR website at www.SKSR.org and click on the button at the top for Trips.



WSSRA Convention, 2013 - Pasco, Washington

June 3-5 Sno-King 23 sent 14 delegates to the Washington State School Retirees Convention in Pasco, WA. They were: Cheryl Bauer, Barbara Berg, Bruce Caldwell, Jo Caldwell, Dave Johnson, Marlene Johnson, Roberta Hawkins, Tom Hawkins, Donna Murrish, Evelyn Nordeen, Virg Rayton, Rita Requa, Jim Siscel and Erma Snook.

Out-going President, Dick Anderson from our NW-1 Region, passed the gavel to 2013-2014 President, Nick Schultz from Yakima - but he is a former Edmonds School District Educator! President Elect is Robert Ehrenheim, Pierce County.

Sno-King had several moments of recognition during the convention. First, Sno-King Unit 23 was one of only nine units to be awarded the 2012-2013 Units of Highest Distinction for achieving 19 of 20 goals, and was recognized for increasing our Active Membership rolls. Jim Siscel was recognized for signing up the most members this past year. Rita Requa was nominated for the Patrick Hoban Meritorious Award and Virg Rayton was nominated for the Stan McNaughton Outreach Award--both State Level Awards! Our own, Jo Caldwell, was recognized for her excellence in being the editor of the Journal. She is resigning and will be so difficult to replace! Bruce Caldwell was superb on the piano in accompanying the spontaneous choir of retirees, Marvin's Marvelous Warblers, of which Virg Rayton was a member.



Sno-King delegates pose for the record

We were particularly inspired by the three major speakers: Jeff Charbonneau, the 2013 National Teacher of the Year (from Zillah), Pasco City Councilman, Saul Martinez and Sandra Hill, State Superintendent of the year from Pasco School District. Next year's convention will be in Vancouver, Washington.

GRANT REPORTS



Monica Edwards of Edmonds Madrona K-8 School received a \$200 grant to install a permanent orienteering course on the Madrona and closed Woodway Elementary school grounds. The SKSR grant, funds from the Madrona Integrated Team, and parent donations provided for the drawing of orienteering map of the property and purchase of posts to mark 18 very specific locations on the property. Monica and Steve Escandon will teach the sport of orienteering to the older students as a PE activity. The picture shows Monica on the far left, Steve third in from left, parent volunteers, older students, and Jim Siscel on far right holding one of the posts on the day that the posts were installed.



Martha Nichols and Kathryn Pihl, Echo Lake Elementary, Shoreline SD, received a grant to stock their student store with balls, stickers, pencils, penny candy, little puzzles, small toys, tattoos, books, etc. The children earn and lose money, plastic coins, mostly pennies, for

following directions, listening, and following other classroom rules. The children receive the money once a week and put it in their wallets (plastic zip-lock bags). On Fridays the store is opened with a parent as the storekeeper and the children make their purchases. They do this activity for five weeks, usually beginning in March.

Marlene Weaver, Library Information Specialist at Hazelwood Elementary School, Edmonds School District received a grant that allowed her to purchase movable shelf labels for her library.



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HELP US WITH INFORMATION TO PUT IN THE BULLETIN

The deadline for the next newsletter is 8:00 AM, **Friday September 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, September 30** call
Marilyn Dauer 425-774-7445 or **Joan Hertrich** 425-778-9572

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