

SKSR Bulletin



May 2013

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



A message from President Jim Siscel

Our unit is the second largest in Washington with over 1275 members and increase of over 35 from last year. Our goals as a state-wide organization and a local unit remain the same—protecting our retirement benefits as best we can. You can help in several ways.

First, your continued membership is vital.

Second, encouraging fellow retired educators to join us. Remember we are the only educator organization serving teachers, administrators, and classified personnel.

Third, during the legislative session when appeals to contact your legislator come out, please respond. If legislators don't hear from us, they can easily assume we don't care.

Fourth, we need YOU to come forward and work with your local board. We have too many serving year after year. We have a wide variety of roles that would be more efficient and effective if we had new spirit and new ideas. We need more people sharing your unit's responsibilities.

Come to a board meeting. We would welcome you to visit. We do the usual discussion points of reviewing finances, talking about needs, and how we can improve our organization. We plan our future programs and how we can provide information to our members. We meet monthly, the second Thursday of the month except in June, August, and December when we do not meet. We meet at the Edmonds SD ESC at 1 pm and are usually done by 2:30 pm. This year on Wednesday, August 14th we will have our annual Retreat and Planning Meeting. Input from our members is vital to keep SKSR the excellent unit it is. Please join us at one of our board meetings.

We are still in need of someone to take the position of President for next year. If you are interested please contact me at 425-778-7202 or asjs68@earthlink.net. I will tell you what is needed to fulfill this position.

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MARK YOUR DATEBOOK
May 14 Sno-Isle Joint Luncheon
Le-Bistro
 June 3-5 WSSRA Convention-Spokane
 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

Spring Scholarship Luncheon

The Spring Scholarship luncheon served 40 members and guests. After lunch, this year's scholarship recipients were introduced by Linda Fitzgerald. Information about the recipients is elsewhere in the Bulletin.

Dave Johnson, assisted by Jim Siscel, distributed the numerous donated raffle items. The raffle raised \$108 for the scholarship fund. Thanks to all for your generosity.

Sue Walker, Shoreline Superintendent, gave us an update on Shoreline School District. She told us that 90% of Shoreline high school's students graduate. We learned about a new program for next year where seniors will plan for some type of post-high school educational experience, 2-yr or 4-year college, vocational training, military, something that will start them towards a responsible job experience.

Next the luncheon attendees were entertained by our member, Dave Little with some very enjoyable piano playing. We sang along for two of the songs.



Sue Walker



Dave Little

630 Sno-King Members Can't Be Wrong! Won't You Join Them? Go Green!

This past twelve months we have increased the number of members who receive our electronic Newsletter by 263 members! Thank you! We are nearly at 50% of our membership being served electronically! And we want to grow our e-mail rolls even more. One Unit in our NW-1 Region has gone totally electronic already!

Here's why you should go green:

1. To save money for Sno-King (printing and postage)
2. To save the environment.
3. To receive your Newsletter faster (almost 10 days earlier than US mail).
4. To receive your Newsletter in color
5. To receive vital Unit 23 information quickly!

To sign up, send your personal e-mail address to Erma Snook: egsnook@comcast.net

The Negotiations Begin

by Rita Requa, SKSR Legislative Chair, WSSRA Legislative Committee

With both the Republican Senate budget and the House budget miles apart, it is predicted that the Legislature will not finish with the budget by April 28, the last day allowed for regular session under the state constitution. Just how many special sessions will be required to accomplish this is unclear.

The Senate has passed their budget, which contained two elements detrimental to both retirees and active members. First, manipulation of the Medicare Subsidy resulted in a major change. It would reduce to \$100 per month for retirees who have less than 20 years of service. An retiree who earns more than \$80 per year of service credit in their pension would see a \$50 monthly reduction to their subsidy. For a retiree with thirty years of service, it would affect those who earn a pension of more than \$2,400. In other words, these provisions are essentially a means test. Second, the establishment of an optional defined contribution retirement system for new employees (Senate Bill 5851) would be part of the budget. A 401K style retirement plan would severely limit the retirement income of future teachers who irrevocably choose this defined contribution option. This would also hurt the state's ability to attract the best and brightest individuals to education professions. "Why would a college student burdened with increasing tuition and debt, pursue a career in teaching when the benefit of a secure pension is removed?" Peter Diedrick, WSSRA Legislative Coordinator.

Eight Democratic Senators voted to approve the Republican Senate budget: Senators Eide, Fraser, Hargrove, Hatfield, Hobbs, Sheldon, Tom and Mullet. Needless to say WSSRA was vocal in their opposition to the Senate Budget.

The House Budget was passed and maintained the Medicare Subsidy, made the payment for Plan I, and left Plans II and III intact. We need to thank them for their support of active and retired education employees.

When the WSSRA Legislative Committee met in Olympia March 27 and 28. I met with all legislators from the 1st, 21st and 32nd Districts. All Legislators were supportive of the WSSRA position of no cuts for Medicare Subsidy, maintain Plans II and III and make the payment for the Plan I unfunded liability. Be sure to thank them for their support. We will probably have to contact them again when the negotiations are under way.

Please add your email address to the WSSRA Legislative Contact list. This will enable you to receive any urgent messages and in turn contact your legislators.

If you have any questions, please contact me at 206-363-5220.

2013 SKSR SCHOLARSHIP WINNERS

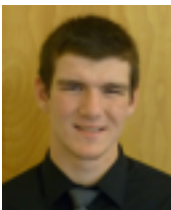
The SKSR scholarship committee, co-chaired by Keith Lindaas and Linda Fitzgerald, met on April 3 to choose the 2013 recipients of the \$1200 renewable scholarship. They were assisted in this selection with SKSR members Evie Nordeen and Ed Orsborn. As always, the selection was difficult and they would have liked to award scholarships to all of the applicants. Four scholarships are awarded with one coming from each school district and one at-large recipient.

Shelby Pitta, from Woodinville High School, will attend Grand Canyon University with the goal of becoming a kindergarten bilingual teacher. She'll major in primary education with an emphasis in math and a minor in Spanish. This avenue will help her to reach her goal of studying abroad for a semester in South America. She volunteers at an elementary school kindergarten class for five hours a week. Shelby is very involved with church activities including two summer mission trips. She is also a nanny for two children several hours a week. Shelby's teachers say that she is an enthusiastic learner who will make an excellent teacher. (Shelby is in Hawaii this week and could not be present to have her picture taken)



Kevin Miller, from Shorewood High School, plans to attend Reed College and plans a major in elementary education. He took the Careers in Education class in his junior year and did an internship in a fourth grade classroom. This year he is volunteering in an after school program at the same school. During the summer Kevin has been involved with the "Summer Explorers" program. Kevin is a member of National Honor Society and has consistently challenged himself with the most difficult classes at Shorewood.

Laura Taylor, from Mountlake Terrace High School, plans to attend the University of Washington to earn a teaching degree in secondary education with English and French being her majors. She has been heavily involved with the drama department at Mountlake Terrace, she participated in a playwriting program at ACT Theatre, and has volunteered her technical expertise at a play at Edmonds Heights K - 12. Laura has participated in Running Start for her last two years of high school and has proven that she will be a successful college student.



Nathan Winningham, from Shorecrest High School, will be attending Washington State University to become a high school math teacher. Nathan has been very involved in activities while in high school as he has been on varsity athletic teams for football, swimming, wrestling, and baseball. He has played in the band and has volunteered with several food banks and food drives. Most of Nathan's time outside of school is with his Scout troop where he earned the Eagle Scout Award in 2008. He has been awarded most of the possible awards in Scouting and has participated from his local troop in the National Jamboree. As one teacher states, "Nathan is known for rigor in his studies, strong leadership amongst his peers, a high level of work ethic, and an overall desire and dedication to future success in his life."

THANK YOU TO OUR DONORS TO THE SCHOLARSHIP FUND:

In memory of Bob Jones: Ellie Bonanno, Rachel Lake, Evie Nordeen, Virg Rayton, Rita Requa, Jim Siscel, Erma & Gil Snook

In memory of Fred Cochran and Bob Nordeen: Erma & Gil Snook

In memory of Francis Cunningham and William Peterson: SKSR

For a donation: Bea Aigner, Betty Bostrum, Phyllis Fiege, Tom & Roberta Hawkins, Lynda Hughes

Healthy News Dr. Gary Reul, Ed.D.

Dangerous Decibels

You probably want to take your children or grandchildren to a football game or a concert, but be careful of the noise level that is generated in these activities for young and old ears alike. The Century Link stadium is ranked as the loudest venue in the National Football League (average 112 decibels, which means it can be much louder).

How much noise is toooooo much? Here are some AVERAGE decibel (db) readings for some common activities that many of us do every day. Along with the decibels, the chart shows how long it takes to damage the AVERAGE person's ears. The decibels shown may be less or stronger due to the distance from the noise producing activity. Noise may damage hair cells that conduct sounds to the brain. Once the hair cells are damaged, they are damaged for life. Loud noise may also cause tinnitus, which is a phantom sound heard in the ears with no external noise present. For further information contact the American Tinnitus Association – www.ata.org.

Exposure limits before ear damage MAY occur (some people may never be able to reach the decibels shown because of sensitivity in the ears called hyperacusis)

Comfortable 50 dB Many hours

- Soft whisper 30 db • Quiet residential area 40 db
- Quiet office 40 d • Quiet refrigerator 40–43 db

Non-Hazardous 65 dB 8 hours

- Flowing stream 50 db • Light rainfall 50 db • Microwave oven 58 db • Quiet dishwasher 50 - 60 db

85 dB time for earplugs or other hearing protection

OSHA requires hearing protection at sustained exposure of 90 dB, which may cause permanent hearing damage and/or tinnitus (4 hours) • Vacuum cleaner 60 - 85 db • Normal conversation at 3 feet 60 – 70 db • Inside car on highway 70 – 95 db • Garbage disposal 80 db • Hair dryer 80+ db • Violin 84–103 db • Blender 85 db • Inside jet plane near front 85 db or higher • Cockpit of propeller plane 88–95+

Extremely loud 100 dB 2 hours

- MRI Scan 90–110 db • Subway 90–115 db • Electric table saw 93+ db • Gas powered Lawnmower 94+ db
- Fire alarm 95–110 db

Unprotected noise exposure not permitted above 115 dB for workers 1 Hour 30 minutes or less

- Motorcycle 105 db • MP3 player, CD playing in ear 105 db or higher •

15 minutes Flute for player 110 db • Ambulance siren 112 db or higher • Diesel truck accelerating 114 db

- I-Pod on high 115 db

Severe irritation to ear 120 dB a few minutes

- Some stadiums 112 db or louder • Chainsaw 110 - 118 db • Hammer on nail 120 db • Symphonic music 120 – 130 db • Thunder 120 db • Jet plane at ramp 120 db • Rock concert 120–150 db • Electric guitar 125 db

Immediate pain 130 dB instant

- Auto racing 130 db • Jackhammer 130 db
- Drum 130 db or higher • Crying baby 110 to 130 db

Immediate physical damage 160 dB instant

- Child's squeeze toys 135 db • Deploying airbag in car 140 – 160 db • Some sport stadiums 140+ db • Firecracker 150 db • Jet takeoff on runway 150 db • Balloon pop 157 db • M1 rifle 161 db • Artillery fire 162 db • Fireworks display 162 db • Handgun 166 db • Shotgun 170 db • Rocket liftoff 188 db
- Carry earplugs or other ear protection with you when you go to a concert or stadium games. – protect those ears – once injured... forever injured.

Information above supplied by OSHA and presented by the American Tinnitus Association, Howard Leight Bilsom Company and Gary Reul, former president and CEO of the American Tinnitus Association **Is Early Detection Useful If a Disease Has No Cure?**

If you were in the early stages of Alzheimer's disease, would you want to know?

The question will haunt a growing number of people and their families as scientists devise more ways to diagnose the degenerative brain disease before it causes severe symptoms, but still can't prevent or cure it.

Traditionally, the only way to confirm Alzheimer's was with an autopsy, when the disease's characteristic plaques and tangles are found in a patient's brain. Before that, doctors diagnose it on the basis of symptoms, once they rule out other explanations. But, experts say that plaques and tangles start forming 10 to 20 years before the symptoms appear.

New tests are emerging which can detect those early brain changes, and more are on the horizon. It is common that 20% to 30% of people over 65 have some plaques in the brain and many are cognitively normal. It is unclear they will ever develop the disease. However, by the age of 85 it is estimated that 42% of Americans have some degree of Alzheimer's.

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Genetic tests (not covered by any insurance company) can identify gene variations that raise the risk of Alzheimer's to varying degrees. One rare variation virtually guarantees that a carrier will develop Alzheimer's at an early age; their offspring have 50% chance of inheriting it.

Having a severe deficiency of vitamin B-12 can mimic Alzheimer's.

What to do? Some individuals who have been diagnosed at an early age indicate that knowing what will happen crushes the spirit and is of no benefit to the individual or the family. But others say, that early diagnosis can give families time to plan and let patients participate in financial, legal and health-care arrangements.

The course of the disease is often unpredictable. Some people work and remain independent for years after a diagnosis. Families should let people with Alzheimer's do as much as they can and be there as a safety net. Staying active and connected socially is vital to patients' well-being particularly in the early stages.

Everyone who faces this disease has many decisions to make that are not easy.

Sources: Beck, Melinda, *The Wall Street Journal*, Tuesday, May 22, 2012, p. D1-2: Wang, Shirley, *The Wall Street Journal*, Wed., May 16, 2012 p. A6

Honoring two Sno-King Members

This year when the delegates from our Sno-King Unit #23 meet in Pasco on June 3, 4, & 5 for the annual WSSRA Convention, two people from our unit will be honored as nominees for two different awards. Our nominee for the Patrick Hoban Award, which honors people who have gone above and beyond for the organization at local and state levels, will be **Rita Requa**. Currently Rita is our legislative representative and also serves historian at the state level.

Our nominee for the Stan McNaughton Award, which honors those who serve in their community as well as in their local unit, will be **Virg Rayton**. We'd like to thank both of them for their years of service. Good luck at convention.

Are You A Returning Snowbird?

As you return from your winter respite, please inform us about when to return to using your local address. Thank you to those of you who have already updated us! Contact Erma Snook: egsnook@comcast.net

Food Lifeline Service Project

Fifteen SKSR members took part in a service project at Food Lifeline on March 15th. 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 will provide over 4,000 meals. This food will 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 package food at Food lifeline

Cost of Living Adjustments for Plans 2 & 3

The following was posted by DRS on March 29th. New Cost-of-Living Adjustments (COLAs) for PERS, TRS and SERS Plans 2 and 3, will take effect July 1, 2013. The table below shows the new COLAs based on your retirement date.

Retirement Dates	Adjustments
July 2, 2012-July 1, 2013	0.00%
January 1, 2012 – July 1, 2012	2.54%
July 2, 2011 – December 31, 2011	3.00%
January 1, 2011 – July 1, 2011	2.71%
July 2, 2010 – December 31, 2010	3.00%
January 1, 2008 – July 1, 2010	2.71%
July 2, 2007 – December 31, 2007	3.00%
January 1, 2007 – July 1, 2007	2.71%
July 2, 2006 – December 31, 2006	3.00%
January 1, 2006 – July 1, 2006	2.71%
July 2, 2005 – December 31, 2005	3.00%
January 1, 1992 – July 1, 2005	2.71%
July 2, 1991 – December 31, 1991	3.00%
January 1, 1991 – July 1, 1991	2.71%
Before January 1, 1991	3.00%

Fun Fieldtrip to Theo’s Chocolate

By Barb Bumgardner

Do these sound like some exotic foods from the tropics---salted almond; coconut, mint and chai; cherry and almond; fig, fennel, and almond? Actually these are some of the names of chocolate bars from Theo’s Chocolate located in the Fremont area of Seattle. Theo’s is “Proud to be the first Organic and Fair Trade Bean-to-Bar Chocolate Factory in North America”.

After a convenient carpool, eighteen SnoKing retirees enjoyed a tour of Theo’s with an explanation of the world of chocolate from “bean to bar” as they say. We toured through the factory watching each process in person, including the tempting “Confection Kitchen”! Our tour was punctuated throughout with tasty morsels of many varieties of Theo’s chocolate---making some purchases at the end of our tour a must! Check out the www.theochocolate.com website for tons of information, including recipes and even classes!



SKSR members and guests enjoying Theo’s Chocolates

Affordable Living for Exceptional People

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Phone: 425.402.9606



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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 21**

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

Welcome New Members:

- Pg 28 Gilbert, Patricia J, 9421 244th St SW APT G206, Edmonds, WA 98020-6558
- Pg 30 Gustafson, Ruth N, 12418 Scenic DR, Edmonds, WA 98026-3160
- Pg 33 Hendrick, Dan J, 1425 10th PL N, Edmonds, WA 98020-2629
- Pg 41 Koyama, David L, 17438 Bothell WY NE APT C10, Bothell, WA, 98011-0380
- Pg 71 Stearns, Janet B, 5925 149th Pl SW, Edmonds, WA 98026-4221
- Pg 76 Ventura, Donald, 24020 25th Ave W, Brier, WA 98036-5302

Address Changes

- Pg 11 Bingaman, Alice K, 22528 90th Ave W, Edmonds, WA 98026-8235
- Pg 17 Clemens, Ellen K, 17502 102nd Ave NE Apt 207, Bothell, WA 98011-6708
- Pg 19 Copeland, Kimberly, 3303 25th Ave S, Seattle, WA 98144-6516
- Pg 36 Hunter, John A, 121 McGarvie Rd, Port Angeles, WA 98363-8788

IN MEMORY OF

Cunningham, Francis, 3/2013

Jones, Robert E, Shoreline,
3/13/2013, Music, Shoreline

Peterson, William Edward
"Bill", 4/7/2013, Coach/
Educator, Edmonds