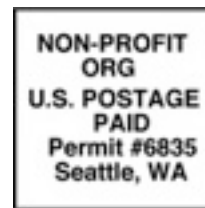




Sno-King School Retirees
 P. O. Box 33962
 Seattle, WA 98133-0962



ADDRESS SERVICE REQUESTED

SKSR BULLETIN

NOVEMBER 2013

Scholarship Luncheon

Our fall Scholarship Luncheon will be held November 21, at 11:30, at the Unitarian Church in Edmonds. We are very fortunate to have **Enrique Henao** performing for us. He is a world renowned classical guitarist who lives in the Edmonds area and has agree to play for us as part of our scholarship efforts. He has had a long and distinguished career including playing with Elvis Presley, Julio Iglesias and other famous artists. He has also performed at the White House and the Vatican. I could go on and on, but I think you get the picture. Please plan to come and invite a friend!!

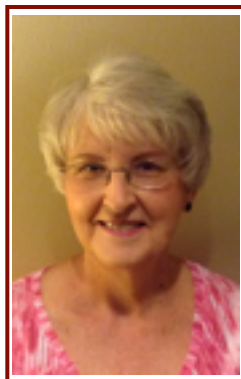
Every person coming needs to a bring a hot dish, salad, or 3 dozen cookies. Your dish should be able to feed 12 people. You will still pay \$5.00 as part of the scholarship fund raising effort. For people choosing not to bring food, the cost will be \$10. Contributions toward the scholarship fund are always welcome as well. We fund four \$1200 scholarships through this and other efforts. Please contact Donna Murrish at donnamurrish@comcast.net or 206 363-5753 or Cheryl Bauer at bauercl@frontier.com or 425 773-5790 by Tuesday, November 19, if you plan to come. If you can also let us know what you plan to bring, that helps in planning. We'd like to have a head count for setting up purposes, etc, but you are still welcome to come that day if you decide to do so. See map and coupon on page 3.



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A message from President Cheryl Bauer



As the leaves have begun changing into the spectacular colors of fall – yellow, orange and red, SKSR is looking forward to a spectacular array of activities for the coming year. My message this month is going to be short. There are a lot of things going on, and most of them have their own separate article in the newsletter. Because this is the only newsletter until February, we're even going to get to talk about Christmas!!

First, I'd like to highlight the scholarship luncheon on November 21. We are thrilled to have **Enrique Henao** as our guest guitarist. Please read the newsletter article in depth and consider coming to this luncheon. You won't be disappointed. Also in November, grant applications are due from active teachers. We were thrilled to enlarge the budget and hope to give away \$7000. Come on December 5 and join us for our annual Sing-a-long and Cookie Fest. With service activities in mind, I'd also like to remind you of the January event at the Food Lifeline. Last, but not least, continue to watch for upcoming

Legislative news as the January session goes into gear. Our voice was heard last year, but we need to continue keep abreast of what is happening in Olympia.

SKSR Executive Board

Cheryl Bauer, President/Scholarship Finance
Roberta Hawkins, Vice President
Jan Phillips, Secretary
Donna Murrish, Treasurer/ Entertain- Books
Jim Siscel, Membership/Retirement/Website
Rita Requa, Legislative
Betty Odle, Historian/ Luncheons/ Picnic
Rachel Lake, Scholarship Finance/ Legislative
Erma Snook, Membership Records/Schl Fin
Ellie Bonanno, Scholarship Finance
Gary Reul, Health
Keith Lindaas, Linda Fitzgerald, Scholarship
Marilyn Dauer, Joan Hertrich, Telephone
Marlene Johnson, Barb Smith, Hospitality
Virg Rayton, Grants
Evelyn Nordeen, Sunshine
Marilyn Dauer, Telephone/ Bulletin Folding
Don Denton, Scholarship Finance
Bruce Caldwell, Directory
Barbara Berg, Outreach/ Scrapbook
Barb Bumgartner, Membership
Dave Johnson, *SKSR Bulletin* Editor/ Schl Fin

Mailing Address Changes:

Pg 14 **Brown, Joan L**, 21301 95th Ave
W, Edmonds, WA 98020-3315

Pg 15 **Bynum, Julie**, 1706 Fairway Dr
Apt 424, Walla Walla, WA 99362-3707

ENTERTAINMENT BOOKS 2014

Sales of the 2014 Entertainment Books are going well. More than half our order has been sold at this time but there are still plenty waiting for you to pick up your copy.

Books are \$25 each (\$5 less than last year) but with still the same good value.

Save up to 50% at your favorite restaurants, on movie tickets, groceries, travel & hotels, shopping, and more. Email

donnammurrish@comcast.net or call 206-363-5753

Or egsnook@comcast.net or call 425-776-2067

MARK YOUR DATEBOOK

November 21 Scholarship Luncheon

December 5 Cookie Fest & Holiday Music

January 16 Food Lifeline Service Project

February 20 General Membership Meeting

February 26 Retirement Seminars

March 5,12,19,26 Retirement Seminars

March 20 Field Trip

April 17 Scholarship Luncheon

May 13 Joint Sno-Isle Luncheon

June 9,10,11 WSSSRA Convention

July 17 SKSR Picnic

SNO-KING SCHOOL RETIREES' SCHOLARSHIP FUND

The purpose of the SKSR Scholarship Fund is to assist carefully selected graduating seniors majoring in education from Edmonds, Northshore and Shoreline School Districts in reaching their goals. Contributions are tax deductible.

Enclosed is a contribution of \$ _____ As a special gift _____ Or in memory of _____

Or in honor of _____

on the occasion of _____ Please send acknowledgment to
Name _____

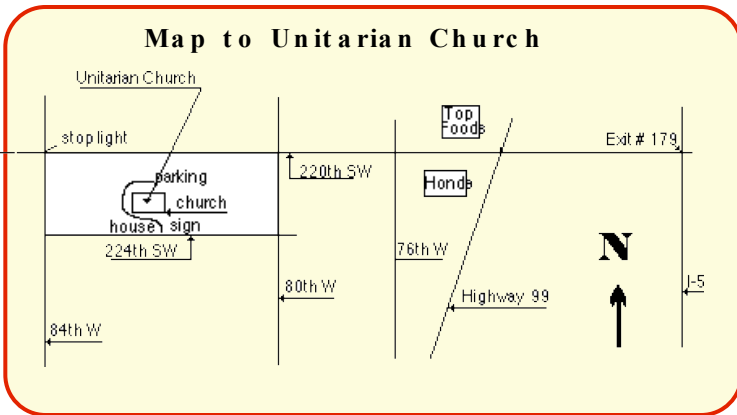
Address _____

Donor's Name _____

Address _____

Make check payable to Sno-King School Retirees' Scholarship Fund. Mail to:

Sno-King School Retirees, PO Box 33962, Seattle WA 98133-0962.



Welcome New Members:

- Pg 6 Aagaard, Eileen, 400 Walnut St #203, Edmonds, WA 98020-8454
- Pg 6 Airhart, Alisha, 3333 164th St SW #328, Lynnwood, WA 98087-3151
- Pg 6 Allison, Janet, 8035 186th St SW, Edmonds, WA 98026-5836
- Pg 6 Altena, Jennifer, 1211 NW 201st ST, Shoreline, WA 98177-2144
- Pg 16 Carlson, Joseph D, 4403 242nd Pl SW, Mountlake Terrace, WA 98043
- Pg 18 Coffman, Karen D, 2201 192nd St SE Apt E-1, Bothell, WA 98012-7938 karencoff@comcast.net
- Pg 18 Collyer, Candace, 16208 107th Ave NE, Bothell, WA 98011-6210 ccollyer@comcast.net
- Pg 26 Fowler, Jeanne, PO Box 367, Edmonds, WA 98020-0367 jeannenow@aol.com
- Pg31 Hall, Marilyn, 18601 Blue Ridge Dr, Lynnwood, WA 98037-4129 marilynlovestocamp@yahoo.com
- Pg 40 Keyes, Karen, 2304 N 193rd, Shoreline, WA 98133-4138
- Pg 42 Lang, Heide, 19630, 9th Dr SE, Bothell, WA 98012-7764
- Pg 69 Sitko, Linda S, 18453 196th PL, Woodinville, WA 98077-8284 lindasitko@comcast.net

Jack Rogers died Oct. 15. This good friend, generous soul and astute thinker was a distinguished teacher from Shoreline School District, Washington State Teacher of the Year (1983), past-President of the Shoreline Education Association (1973), past Pres. of SKSR (2000--01) and active advisor for many Legislative campaigns. Jack was involved in many community activities: Shoreline Public Schools Foundation, Shoreline Levy Committee(s), Shoreline Community College Foundation, and elected commissioner for the Northshore Fire Department. Jack was generous in his contributions to Sno-King School Retirees Scholarship Funds.

IN MEMORIAM
Joramo, Sivert, retired, September, 2013
Rogers, Jack E, Shoreline School District, October 15, 2013 Past President SKSR
Ruud, Melinda, Edmonds School District, October 8, 2013



Holiday Cookie Fest
and
Sing-Along
Edmonds Board Room
December 5, 2013
12:30-2:30

Sing-Along to Holiday Music accompanied by outstanding talent, Bruce Caldwell, at our 4th annual Cookie Fest, AND enjoy a tasty treat of Holiday Cookies and beverages. Bring 3 dozen cookies, packaged in baggies of 6 each. Purchase cookies for 50 cents per bag. Bring Cookies at 12:30 for sharing. RSVP to Erma Snook-776-2067 egsnook@comcast.net



Healthy News

Dr. Gary Reul, Ed.D.

Periodontal Disease - Don't Wait Until it Hurts

What is Periodontal Disease?

Periodontal disease is an infection that affects the tissues and bone that support teeth.

Healthy gum tissue fits like a cuff around each tooth. When someone has periodontal disease, the gum tissue pulls away from the tooth. As the disease worsens, the tissue and bone that support the tooth are destroyed. Over time, teeth may fall out or need to be removed. Treating periodontal disease in the early stages can help prevent tooth loss.

Tooth loss is not the only possible problem posed by periodontal diseases. There may be a link between periodontal disease and cardiovascular disease (heart disease and stroke). High stress may also be linked to periodontal disease.

How do I know if I have periodontal disease?

It can be hard to know. You can have the disease without clear symptoms. That's why regular dental checkups and periodontal examinations are very important.

There are several warning signs that can signal a problem. If you notice any of the following, see your dentist:

- gums that bleed when you brush or floss
- red, swollen, or tender gums
- gums that have pulled away from a tooth
- bad breath that doesn't go away
- pus between the teeth and gums
- loose or separating teeth
- a change in the way your teeth fit together when you bite
- a change in the fit of partial dentures

What causes periodontal disease?

Periodontal disease is caused by plaque, a sticky film that is always forming on your teeth. Plaque contains bacteria that produce harmful toxins. If teeth are not cleaned well, the toxins can irritate and inflame the gums.

Inflamed gums can pull away from the teeth and form spaces called pockets. The pockets provide a home for more bacteria. If the infected pockets are not treated, the disease can get worse. The bone and other tissues that support teeth are damaged.

Plaque can be removed if you brush your teeth twice a day and floss or use between-the-teeth cleaner daily. If plaque stays on teeth, it can harden into a rough surface called tartar. Tartar can only be removed when teeth are cleaned at the dental office.

Prevention?

A good oral hygiene routine practiced for a few minutes twice a day can help reduce your risk.

- Brush twice a day with fluoride toothpaste.
- Floss or use another between-the-tooth cleaner to remove plaque and bits of food.
- Use a germ fighting mouthwash.
- Eat a balanced diet for good general health.
- Visit your dentist regularly.

Are you at risk?

There are several factors that increase the risk of developing periodontal disease.

People who smoke or chew tobacco or have diabetes, blood cell disorders, HIV and AIDS may contribute to the disease. Many medications like steroids, some anti-seizure drugs, cancer therapy drugs, blood pressure drugs and birth control pills can affect the gums. Some medications have side effects that reduce saliva. A lack of saliva can result in a constant dry mouth, which can irritate soft tissues. Periodontal disease can be passed from one person to another through their saliva.

Source : Brochure from the American Dental Association 2011

The Seahawks Are Proud

The ear-busting 136 decibel romp at a recent Seahawks game probably damaged the ears of hundreds of people. At around 120 decibels, some individuals begin feeling pain in the ears and ear hair cells become permanently damaged/die in seconds. Each ear has up to 20,000 hair cells that transmit to the brain the sounds that we hear. Once they die they will never regenerate. Dead hair cells lead to hearing loss. Protect your ears at all times.

LEGISLATIVE NEWS

USE SKSR WEBSITE TO CONTACT YOUR REPRESENTATIVES

Take a look at SKSR website: WWW.sksr.org. Click on Legislation and you will find interesting information there. For example, there is an explanation of WSSRA Legislative priorities, tips about “grassroots” lobbying of legislature at the present time and most importantly a list of Legislators from nine different districts, where most of our SKSR members live. To use, simply find your legislative district and you will find your elected representatives. A unique feature is the ability to click on their email address and up pops an email form with the legislators address filled in. Now all you need to do to email that legislator is to tell your story. It is important that legislators hear from us before the next “short” Legislative session which begins in January. Don’t know what to write? See Important Points below for details....

Here is some of the information found under Legislation on the SKSR website.

THE NEW NORMAL

The end of the 2013 Legislative Session has brought a brief reprieve from attacks on retiree benefits. However, the Senate’s Majority Coalition Caucus continues to have pension benefits and the Medicare Eligible Healthcare Subsidy in its sights. The makeup of the 2014 legislature will be very similar to 2013, and the same negative policy proposals are certain to reappear.

PREPARATION FOR 2014

Our success in the 2013 session was due to local WSSRA members engaging their legislators. Those efforts will continue to be vital for success next year. Legislative relationships are best cultivated in the interim when legislators are away from the hustle and bustle of session. We encourage WSSRA members to meet with their legislators in person before next session begins.

IMPORTANT POINTS

There are some important points to remember when meeting with a legislator:

1. You are an advocate not only for yourself, but for your colleagues who need help making ends meet.
2. Tell your story. Explain that you live on a fixed income and that school retirees have modest retirements. It is increasingly difficult to absorb the rising cost of living.
3. Pensions help attract the best and brightest to the school system. At a time when the state is trying to increase the number of math and science teachers, it makes little sense to make teaching a less attractive profession.

E-Mail Changes

Gjemso, Mary mpetersen39@comcast.net

Stokes, Kari kstokes123@gmail.com

Gainsharing and Plan I Uniform COLA Case Heard

by Rita Requa

As I write this, the event described below is in the future. However, when you receive the Bulletin, the event has already taken place. More than half of you will get this early because you get the bulletin on line.

The Washington State Supreme Court heard the Plan 1 Uniform Cost of Living Adjustment and Gainsharing cases on October 27, 2013 at 9:00 am. The hearing was open to the public and was held at the Temple of Justice on the State Capitol Campus. The proceedings may have been televised on TVW (Channel 23 on Comcast). I intend to attend the hearing.

THANK YOU FOR YOUR MEMORIALS

Sharon Schoenauer in memory of **Diane Renstrom;**

Jim Siscel , Donna Murrish, Virg Rayton, and Erma Snook in memory of **Alice Bingaman;**

Virg Rayton and Erma Snook in memory of **Mindy Ruud;**

Norm Hansen in memory of **Jack Rogers;**

Dave & Marlene Johnson in memory of

Jack Rogers & Alice Bingaman;

SKSR in memory of **Sivert Joramo, Mindy Ruud, Jack Rogers**

School Retiree Pension Plans PERS, TRS, and SERS Information

Plan 1—School retiree pensions and benefits are under ongoing attack by our state legislators. Each session, we lose more of what we thought we could count on in retirement. First, gains-sharing was taken away, then the Plan 1 Uniform COLA. The Medicare eligible subsidy has been cut from \$183 a month to \$150, and may be cut further this session. What will they go after next?

Plans 2 and 3—Having done substantial damage to Plan 1 pensions, legislators are now targeting Plans 2 and 3. Plan 2, like Plan 1, guarantees a fixed dollar amount per month for the life of the retiree. Plan 3 has a smaller fixed monthly payment combined with earnings from a stock market account paid into with part of the recipient's salary while working. Legislators have proposed closing both plans and substituting a 401(k) plan where monthly pension payments are completely dependent on the fluctuations of the stock market. This proposal was defeated during the 2013 session, but it can appear again in 2014.

WSSRA is the only member organization whose sole purpose is to be the watchdog for current and future school retirees. Members of our 23 member State Legislative Committee meet twice in Olympia each legislative session to advocate for retiree needs with their local area legislators. WSSRA's Lacey office and our hired lobbyists keep a day-by-day watch on bills affecting retirees and future retirees and warn us of immediate dangers, so we can contact our legislators. Individual units are very active in these efforts and SKSR would welcome your help in working to keep our pensions safe. Constant vigilance and a strong voice in Olympia will continue to be needed to protect the pensions of present and future retirees.

ATTENTION ACTIVE SKSR MEMBERS GRANT DEADLINE-NOVEMBER 7TH FINAL NOTICE

Grant applications are due by Thursday, November 7th. All active (working) members of Sno-King School Retirees, of any employee group in direct contact with students, are eligible to apply for a grant of up to \$200 for use in facilitating your work with those students. How could such a grant help you accomplish your goals? The process is simple!

1. a sentence or two explaining how the grant money will be used
2. amount of money requested
3. your name, address, grade level (if a teacher), school and district
4. principal's/program manager's name and school phone number

Applications are due by Thursday, November 7th and recipients will be notified by Thanksgiving.

Applications should be sent to Virg Rayton, SKSR Grants Chair, <virg@raytonfamily.com> Phone: (425) 774-9413 OR Rita Requa, <rrequa@comcast.net> Phone: (206) 362-5220

Northwest 1 District Meeting

On Monday, October 7, seven member of SKSR, Unit 23, went to Mt Vernon to meet with other members of units that are a part of NW-1. For those of you not familiar with the format, this is how it works. NW-1 consists of four units: Sno-Isle, Sno-King, Whatcom County, and Skagit-Island-San Juan. Each of these units had representatives present with their Presidents reporting on the happenings in their units. We then heard committee reports from the various state committees. Each state committee is represented by a member from NW-1. Lastly, we did some unit networking. We broke into groups to brainstorm ideas on five different topics. The topics included: attracting and engaging younger members; encouraging meaningful outreach and social activities; fund raising; ideas for Legislative action; and retirement planning. These sessions were productive and we were sent home with lots of good ideas.

To give you an idea of how much was accomplished, there were 10 pages of minutes. More than that, I want you to be aware that there are people at all levels making things happen and working to insure the strength of our organization. I am amazed at how much time and effort is being given on our behalf. Kudos to these hard working individuals.

October 21 Luncheon

On a beautiful fall day in October, fellowship, food, and an informative learning opportunity were enjoyed by members of SKSR. The setting was the LeBristo restaurant at the Sno-Isle Tech Center in Everett. Food was prepared and served by the students of Chef Becky's culinary program. In only their first week of actual cooking, they did two wonderful entree choices followed by apple pie and homemade caramel ice cream. Liz Mercer, of the Statewide Health Insurance Benefit Advisors, spoke to us on the Affordable Health Care Act, and its impact for those of us on Medicare. It was very informative with a question and answer period following.

A brief meeting presided by President Cheryl Bauer followed. The budget was explained to us by Treasurer Donna Murrish and was approved for the coming year. Various upcoming events were reviewed with sign up sheets available. The year got off to a great start!



Liz Mercer, of the Statewide Health Insurance Benefit Advisors

January Service Project

Because we are not publishing again until after this service opportunity, this is being written now to keep you informed and ask for your help. On Thursday, January 16th, from 1:00 PM to 4:00 PM, we are again planning on volunteering at Food Lifeline. Food Lifeline is a local hunger relief organization, efficiently serving the Western Washington area by using 96% of revenue to directly feed hungry people through their network of nearly 300 neighborhood food banks, hot meal programs and shelters.

Excess food items are brought to the distribution warehouse in Shoreline, repackaged, and distributed to the local area. Our job will be to repackage whatever food items they have for the day we participate. To help at this service project you will need to dress warmly and be willing to be standing at the workstation for around 3 hours.

Contact Jim Siscel at 425-778-7202 or asjs68@earthlink.net or Cheryl Bauer at bauerc1@frontier.com or 425 773-5790 to volunteer by **Monday, January 13th**. If you need driving directions, they can be given at that time.

Another opportunity for service, is to help once a month at Northgate Elementary School with The Meals for Minds Program. This would involve helping students select food items to bring home to their families. If you are interested, please contact Karenc@fl.org for more information.



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