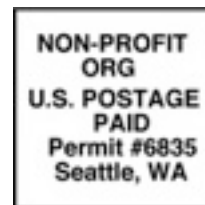




Sno-King School Retirees  
 P. O. Box 33962  
 Seattle, WA 98133-0962



**ADDRESS SERVICE REQUESTED**

# SKSR BULLETIN

OCTOBER 2013



## OCTOBER 17 LUNCHEON

As we head back to the routines of the coming year, I'd like to invite each of you to attend the Sno-King School Retirees first luncheon of the year. It will be held at the Le Bristo Restaurant at the Sno-Isle Tech Center. We have had the privilege of eating here on various occasions with the students in Chef Becky's culinary program cooking and serving the meal. It has always been delicious with desserts that are sooo good! This event will start at 11:30 with meeting and chatting, and the meal will be served around noon. Liz Mercer from the Statewide Health Insurance Benefits Advisors (SHIBA) will speak to us about the Affordable Health Care Act.

Reservation are required, so please let Donna Murrish know if you are planning to attend by emailing her at [donnamurrish@comcast.net](mailto:donnamurrish@comcast.net) or calling her at 206 363-5753. You could also mail the form below to her. We need to have a head count by October 9. Hope to see many of you there.

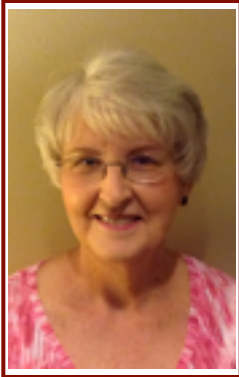
### YOU'LL FIND INSIDE

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••••• \$15 per person Deadline to let Donna know is **October 9** •••••  
 ••••• Make checks payable to Sno-King School Retirees •••••  
 ••••• Return this form and check to: Donna Murrish •••••  
 ••••• 11227 Goodwin Way N.E. Seattle WA 98125 •••••  
 ••••• Your Name: \_\_\_\_\_ •••••  
 ••••• Meal Choice: \_\_\_ Pork Loin Normandy \_\_\_ Cod Provencal •••••

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## A message from President Cheryl Bauer



First, let me welcome you to a new year with Sno-King School Retirees. After retiring from Meadowdale Middle School (Edmonds School District) in 2006, I immediately became involved in SKSR. I progressed from committee chairman to secretary to President. It is with excitement and a little trepidation, that I now take on this new role.

I've read many times that challenges are good for us and for our brain. It is with that thought in mind, that I begin the job of President of the SKSR. While I certainly plan to continue the many good things that have been done over the past years, I am open to new suggestions and ideas from any of you. I'd like to challenge each of you to take part in some aspect of SKSR. There are a wide

range of opportunities from luncheons, to service projects, to field trips, to informational meetings, to sing-a-longs, to picnics and more. Articles throughout the bulletin will speak to the planned events.

Our first general meeting will be a luncheon on October 17 at the Le Bristro Restaurant at the Sno-Isle Tech Center up in Everett. We will have Liz Mercer from the Statewide Health Insurance Benefit Advisors speak to us on the Affordable Health Care Act. While the Affordable Health Care Act may not affect us directly as retirees, I'm sure we all have family and friends who would benefit from our acquired expertise. On November 21, we will have our fall scholarship luncheon at the Unitarian Church in Edmonds. More information will be coming out on that as plans are solidified.

As we get back into the routine of fall after an incredibly beautiful summer, I hope each of you are ready for the challenges of a new year and new activities with SKSR.

### 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

### MARK YOUR DATEBOOK

#### October 17 Fall Luncheon LeBistro

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 8,9,10 WSSSRA Convention  
July 17 SKSR Picnic

[www.sksr.org](http://www.sksr.org)

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## Welcome New Members

### Application Period Now Open For Educator Grants

If you are an active (working) member of SKSR and any school employee group that interfaces with students, you qualify to make application for an SKSR grant of up to \$200 to facilitate your work with those students. Innovative members in the past have used their funds for such things as field trips, art materials, books, computer programs, PE equipment, educational games, visiting experts, etc. Since we began during the 1998-1999 year we've awarded almost \$37,000 in grants. Because the Board values our grants program so highly, it voted to increase that budget item from \$5,000 last year to \$7,000 this year. New entertainment books have just arrived and the proceeds from their sale will be devoted to this cause. At \$25 they're five dollars cheaper than last year's edition. Have you gotten yours yet?

Applications are due by Thursday, November 7th. The process is simple! Just submit the following:

1. A sentence or two explaining how grant money will be used.
2. How much money is being requested.
3. Give the applicant's name, phone number and the school address.
4. Give the applicant's district, school, principal's/supervisor's name and the school's phone number.

Applications should be emailed to Virg Rayton <[virg@raytonfamily.com](mailto:virg@raytonfamily.com)>. Phone: (425) 774-9413. An alternate contact is Rita Requa, <[rrequa@comcast.net](mailto:rrequa@comcast.net)>. Grant recipients will be notified by Thanksgiving and checks will be delivered during December and January.

Davison, Susan, 7923 46th Ave W, Mukilteo, WA 98275  
Hendrickson, Grant, 12522 232nd Way NE, Redmond, WA 98053  
Hinrichs, Judy, 5500 Harbor Pointe Blvd E, Mukilteo, WA 98275  
Irish, Justin, 3229 36th Ave S, Seattle, WA 98144  
Jacobson, Kathleen, 7714 201st ST SW, Edmonds, WA 98026  
Kenney, Ruth, 315 216th ST SE, Bothell, WA 98021  
Lyons, Sandra, 18731 129th CT NE, Bothell, WA 98011  
McCleave-Patterson, Elizabeth, 530 150th Pl SW, Lynnwood, WA 98087  
McKee, Erin, 6920 188th Pl SW, Lynnwood, WA 98036  
Reardon, Tammy, 19508 11th Ave W, Lynnwood, WA 98036  
Rose, Kathryn, 723 5th Ave E, Kalispell, MT 59901  
Serra, Amy, 20213 29th Ave SE, Bothell, WA 98012  
Shull, Fred, 9821 Eagle Creek Rd, Leavenworth, WA 98826  
Soloff-Biddle, Lani, 423 NE 190th Pl, Shoreline, WA 98155  
Stevens, Patricia N, 4115 248th CT SE, Issaquah, WA 98029  
Swanson, J Nell, 17855 33rd Ave NE, Lk For Park, WA 98155  
Wiggins, Hasani, 8508 11th Pl SE, Lake Stevens, WA 98258  
Wooton, Michael, 16315 Market St, Snohomish, WA 98296

### ENTERTAINMENT BOOKS 2014

Our shipment of the 2014 issue of Entertainment Books has arrived and waiting for you to pick up your copy.

Books this year are \$25 each – this is \$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, events, shopping and much more!

Email [donnamuraish@comcast.net](mailto:donnamuraish@comcast.net) or call 206-363-5753 or [egsnook@comcast.net](mailto:egsnook@comcast.net) or call 425-776-2067

### Snowbirds!

Snowbirds! It's that time of the year again! Before you flee south, please send Erma Snook a notice about your winter address change and when it is effective. Thanks to those of you who already have! Contact her at 425-776-2067 or at [egsnook@comcast.net](mailto:egsnook@comcast.net). Even if SKSR sends you an email newsletter, WSSRA sends a snail mail Journal, so an accurate address saves return postage bills. Thank you!

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## WINNIE SMITH SCHOLARSHIP FIRST YEAR WINNERS

**Rachel Magnenat** (Lynnwood HS) is in her second year at Seattle Pacific University. She writes that it has definitely been a learning curve and she has had her ups and downs but one thing that has not changed is her desire to be a teacher. Rachel is a special education major and is looking for opportunities to work specifically with special needs children. She is looking forward to her next three years in college.

**Hope Odendahl** (Inglewood HS) states that she is extremely happy with her choice to go to Western Washington University. She is pursuing a dual-endorsement in Elementary Education and Special Education and will be applying to Woodring College of Education this school year. Hope finishes by saying; "Thank you so much for supporting my education and my dreams of becoming a teacher!"

**Samantha Tengs** (Edmonds-Woodway HS) has as her goal to become certified in elementary education while majoring in Language, Literacy and Cultural Studies at Western Washington University. During last fall she helped in a sixth grade class for a program designed to improve reading skills of struggling students. Sammi has applied to the University's Woodring College of Education and will start taking teacher education classes this fall.

**June Woo** (Meadowdale HS) is at Bowdoin College. She writes that as her school does not offer a major in education, she plans to minor in education and apply for a program through which she can partake in a full time, 14 week student teaching practicum. June concludes by stating; "Thank you for your dedication to education and for encouraging students like me into the field."

**Alice Bingaman** passed away on September 8, 2103. She was a counselor in the Northshore School District. She joined SKSR in 1990 and was an active, loyal member. Alice was SKSR President from 2002--2003 and Co-President with Ellie Bonanno in 2005-2006. She served on the Retirement Planning and Phoning Committees. She also served on the Scholarship Committees locally and regionally. She attended many WSSRA conventions and was active in the NW-1 Region. Her work was greatly facilitated by her husband of 66 years, Walt, who was always a willing escort. She was a proactive, positive voice on the SKSR Executive Board and will be greatly missed.

### IN MEMORIAM

Bingaman, Alice, Northshore, 9/2013  
Helsel, Esther, Shoreline, 7/2013  
Lenker, Christine, Northshore, 7/2013  
Renstrom, Diane, Shoreline, 7/20/2013

### THANK YOU FOR YOUR DONATIONS/ MEMORIALS

**Rachel Lake** in memory of Alice Bingaman,  
Esther Heisel, Diane Renstrom

**SKSR** in memory of Alice Bingaman, Esther Heisel,  
Christine Lenker, Diane Renstrom

### We Have Made Good Progress!

Is this Newsletter coming to you in living color? Aren't those pictures great? No? Well, you are missing out! In our campaign to save postage and be greener, we have made great strides, we are over 50% electronic delivery now--we deliver to 649 of our 1276 members! They receive a newsletter about 10 days ahead of snail mail and in living color! We have reduced our postage costs from about \$120 per issue in July of 2011, down to under \$80 this last July, 2013 issue. We make that much savings for every one of our six Newsletters per year!

If you've been thinking about going electronic, send your email address to Erma Snook at: [egsnook@comcast.net](mailto:egsnook@comcast.net), and we'll get you started. For some of you email just doesn't meet your needs and we are happy to accommodate that. But if you've just been procrastinating, we'd appreciate your converting your delivery to email! Thank you!

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## Healthy News

Dr. Gary Reul, Ed.D.

### Flu Injection

September or October are the months that you should consider getting your annual flu injection. If you have not received your shingles injection, this would be a good time to do this too.

### Probability of Developing Invasive Cancers Among Americans

• Every day, 1,500 Americans die from cancer. • Every year, more than 1 million Americans will learn they have cancer. Be vigilant and have your physician check you for any suspicious lumps, moles or abnormal discharges. Many cancers can be cured if caught in time.

**Probability for Male:** 0-39 years old 1 in 69 / 40-59 years old 1 in 12 / 60-69 years old 1 in 6 / 70 and older 1 in 3 / Birth to death 1 in 2.

**Probability for Female:** 0-39 years old 1 in 46 / 40-59 year old 1 in 11 / 60-69 years old 1 in 10 / 70 and older 1 in 4 / Birth to death 1 in 3. Source: American Cancer Society, Surveillance Research, 2012

### Germ In The Kitchen

• According to the Centers for Disease Control and Prevention, one of the biggest kitchen risks is poor hand washing habits. Jewelry -- especially anything ornate -- can exacerbate the risks. If you wear an intricate ring with nooks and crannies, a lot of stuff will get caught and not come out with regular hand washing. A plain band is probably safe, as long as you scrub under it. • Wash! Wash! Wash! Even unbroken eggshells can carry salmonella. Scrub up after touching anything that's not part of the food process (the trash, the dog) or handling foods that will be cooked (raw meat) followed by ones that won't (burger toppings). • If you take more than 2 hours to get home after buying groceries, which contain meat, eggs and even seemingly spoil-proof foods like cooked pasta or potatoes a chance for pathogens to multiply to dangerous levels is possible. And while cooking food can wipe out some types of bacteria, others, such as staphylococcus produce a toxin that can't be killed by cooking. • Paper towels are the safest over kitchen towels because any time you use the same towel twice, you risk spreading germs. But simple steps can make your kitchen towels less risky. First of all, dedicate

separate towels for wiping countertops, drying clean dishes and drying washed hands. To keep things straight, use a different pattern or color for each task. Don't leave damp towels wadded up. Wash them often in hot water. It is recommended trading towels out after four hours (or one meal prep). • Thawing meat. Gradual thawing without temperature control lets some parts of the food reach bacteria-multiplying temps while other parts remain frozen. For defrosting, the fridge is you safest option. Submerge the tightly wrapped meat in a large bowl of water and replace the water every 30 minutes so it doesn't get too icy. • Source: Rachel Ray Magazine - Jan/Feb 2012, p. 66

### Beat That Tired Feeling

In today's busy world, "I'm tired all the time" is a common complaint. Don't just sit there yawning. Take steps to renew your energy:

• **Get moving.** You might think exercise will make you more tired, but research shows people who exercise regularly feel less fatigued than those who are sedentary. Aim for at least 30 minutes of aerobic activity (walking, swimming) most days of the week to shake off sleepiness. **Get some sleep.** It sounds simple -- if you're tired, sleep more. However, many of us sacrifice sleep to do more. Adopt good sleep habits to reduce fatigue. Avoid caffeine and alcohol before bed. Plus, turn off the TV, your phone and other devices. "Screen time" before bed can keep you awake, research shows. **Rule out physical causes.** Persistent tiredness is sometimes a sign of a health problem, such as diabetes, anemia, allergies, depression or a sleep disorder. If fatigue persists no matter how much rest you get or what measures you take, talk with your health care provider. Source: Health Counts - Uniform Medical Plan - Spring 2013

### Dirty Dozen and Clean "15"

They are called the dirty dozen and clean 15. Lists that the environmental working group puts together to help consumers know when they should buy **organic** and when it's not necessary. Dr. Andrew Weil founder of the Arizona Center for Integrative Medicine says fruits and vegetables on the "The Dirty Dozen" list, when conventionally grown, had at least 47 different chemicals. The clean 15 bore little to no traces of those pesticides. Although organic may be more expensive, it may be to your advantage health wise to do so. **The Dirty Dozen** - celery, peaches, strawberries, apples,

*see **Healthy News** on page 6*



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## Mailing Address Changes

Bickford, Marcia, 9504 Edmonds Way Apt 110,  
Edmonds, WA 98020-5921  
Brancheau, Nancy, 1730 22nd Ave Apt W309,  
Seattle, WA 98122-2983  
Clemens, Ellen, 17502 102nd NE #207, Bothell, WA  
98011-6708  
Cotter, Carol, 5413 Eastwych CT, Charlotte, NC  
28226-0718  
Dawson, Walt, 19303 Fremont Ave N E-65,  
Shoreline, WA 98133-3800  
Gates, Robert, 115 Ripple Way, Cinebar, WA  
98533-9726  
Katona, Jennifer, 19907 Both/Evrt Hwy Apt 923,  
Bothell, WA 98012-8164  
Leech, Jane, 6535 Seaview Ave NW Apt 312B,  
Seattle, WA 98117-6070  
MacKenzie, Janice, 1250 NE Lincoln Rd Apt 302,  
Poulsbo, WA 98370-6317

Lyman Margaret, 2044 Yale Ave E Apt 301, Seattle,  
WA 98102-3556  
Rice, Carolyn, 830 14th St SW, Edmonds, WA  
98020-6680  
Ruff, Sharon L, 75 Pine ST Apt 104, Edmonds, WA  
98020-7250  
Ryan, Barbara, 23825 15th Ave SE Unit 69, Bothell,  
WA 98021-8801  
Scherf, Marybeth, 20705 1st Ave W, Lynnwood, WA  
98036-7357  
Steves, James, 4008 Michelle CT SE, Lacey, WA  
98503-4348  
Thorsen, Michael O, 9105 186th Pl SW, Edmonds, WA  
98026-5749  
Tombelaine, Rose Anne, PO Box 12927, Mill Creek,  
WA 98082-0927  
Wright, Elwin, 1121 244th Ave SW Unit 41, Bothell,  
WA 98021-8548

### E-Mail Changes

Clemens, Ellen: [clemek@aol.com](mailto:clemek@aol.com)  
Hendrickson, Grant: [granth1@comcast.net](mailto:granth1@comcast.net)  
Irish, Justin: [justin\\_ray\\_irish@yahoo.com](mailto:justin_ray_irish@yahoo.com)  
Jacobson, Kathleen:  
[kathy.jacobson@outlook.com](mailto:kathy.jacobson@outlook.com)  
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Kennedy, Catherine: [ckennedy54@gmail.com](mailto:ckennedy54@gmail.com)  
PLYons, Sandra : [silyons4@comcast.net](mailto:silyons4@comcast.net)  
Mc Cleave-Patterson, Elizabeth:  
[liz-pat1958@gmail.com](mailto:liz-pat1958@gmail.com)  
McKee, Erin: [erincha3@hotmail.com](mailto:erincha3@hotmail.com)  
Reardon, Tammy: [stringsoup@yahoo.com](mailto:stringsoup@yahoo.com)  
Rose, Kathryn: [kcrose8@aol.com](mailto:kcrose8@aol.com)

Smith, Sherrill: [smithbm88@comcast.net](mailto:smithbm88@comcast.net)  
Stevens, Patricia: [panstevens@aol.com](mailto:panstevens@aol.com)  
Swanson, J Nell: [jnellswanson@Live.com](mailto:jnellswanson@Live.com)  
Wiggins, Hasani: [hasaniwiggins@Yahoo.com](mailto:hasaniwiggins@Yahoo.com)

### Trips on our Website

We have a space on our SKSR website to share our trips. If you went on a trip this past summer and would like to share some of your pictures with our members they would be appreciated. Please send electronically 20-40 pictures with a description of each picture to Jim Siscl at [asjs68@earthlink.net](mailto:asjs68@earthlink.net). Jim will post them on the website. [www.sksr.org](http://www.sksr.org)

### *Healthy News continued from page 5*

domestic blueberries, nectarines, sweet bell peppers, spinach, kale and collard greens, cherries, potatoes, imported grapes, and lettuce. **The Clean 15** includes – onions, avocados, sweet corn, pineapples, mango, sweet peas, asparagus, kiwi fruit, cabbage, eggplant, cantaloupe, watermelon, grapefruit, sweet potatoes, and sweet onions. Source: KOMO News June 20, 2012



*Sno-King members at the annual SKSR Picnic in July*



*Grant Recipient Judy Schaad*



*Peggy Hohnhaus displays some of the Art produced from the SKSR grant.*



*Kathy Wrolstad & Tonya King explain their grant*



*Nick Schultz, WSSRA President*



*Rita Requa installs SKSR Officers for 2013-2014*



*Marianne Harvey NW1 Executive Board Member*



*SKSR President Cheryl Bauer*

## ANNUAL PICNIC

In July, Sno-KingSchool Retiree members celebrated together at the annual picnic at the Edmonds City Park. We enjoyed lots of conversations and great food, including **Betty Odle's** renowned meatballs. We were joined by WSSRA President **Nick Schultz**, WSSRA President-Elect **Robert Ehrenheim** and NW 1 District Representative **Marianne Harvey**. Virg Rayton introduced several members of our unit who had received teacher grants, and they then spoke about their classroom activities. Our officers for the coming year were installed, and the unit recognized **Jim Sisel** for his two years of service as our president.

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## IDENTITY THEFT

Washington state has one of the highest per-capita rates of identity theft in the nation. Here are some ways to protect yourself and your good name.

- 1, **SHRED!!!** Destroy paperwork that contains personal information before discarding. (Receipts which show your credit card number and pre-approved credit-card offers you get in the mail.)
- 2, **NEVER** write your passwords or PINs on cards or carry them with you.
3. **GUARD** personal information over the phone, on the Internet, and by mail. Don't give account numbers or other vital information unless you know the company you're dealing with. The same goes for rarely used credit cards.
4. **CARRY** only essential cards. Leave health-insurance cards (which may contain your social security number) at home unless you know you'll need them.
5. **NEVER** mail bill payments which include checks or credit card numbers from an unlock mailbox. Drop them off at a post office collection box and use electronic bill-paying whenever possible.\*

\*From **PEMCO** brochure on Identity Theft.

## AUGUST RETREAT

On August 14, sixteen of the leaders of SKSR attended our annual retreat at the Foundation House in Bothell. President Cheryl Bauer began her year as President by leading this retreat. Each committee reported on their activities – either happening or planned for the coming year. We talked about programs, possible field trips, possible speakers, and other things we'd like to see happen throughout the coming year. After three hours of discussion and debate, we were served a delicious lunch and further caught up with each others' news from the summer. It was a great start to what is going to be a productive and fun year.



*L to R Linda Fitzgerald, Virg Rayton, Erma Snook, & Evie Nordeen*



*L to R Joan Hettrich, President Cheryl Bower, Donna Murrish*

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