

Sno-King School Retirees



May-June 2016

The SKSR Bulletin



A message from our coordinator

The humanity of SKSR

by Cheryl Bauer

This month I'm trying a little different approach as I write this message. I would like to compare the Sno-King School Retirees (SKSR) to a human body.

Just as a body has many parts, so does SKSR.

I'm thinking that the legs are the members of the organization. They provide the support and carry the group forward. Next, I compare the arms to the various activities that our group does, ranging from luncheons to service projects to informative meetings and an occasional field trip. The brain is the newsletter that keeps us informed of all that our Sno-King unit is doing and other news as well.

Where would we be without the heart? This vital organ pumps the blood to all the other parts of the body. To me, the heart of this organization is the executive board, made up of members who meet the second Thursday of every month to plan and prepare their roles in SKSR.

The main purpose of all these comparisons is to let you know that the heart needs a TRANSFUSION! There have been life events, including surgeries, illnesses and family responsibilities that are weakening this core group of people. Please consider volunteering or at least participating in activities in the coming year.

We have a planning retreat in August to prepare for the 2016-2017 year. Please let any board member know if you are willing to help in some way. Sno-King School Retirees is a beautiful body, but age is taking its toll.

I hope you'll read ALL the rest of this newsletter as well and join us either at the May luncheon, June convention and/ or July picnic.

OFFICERS

Cheryl Bauer, Coordinator
Roberta Hawkins, Vice President
Jan Phillips, Secretary
Donna Murrish, Treasurer

COMMITTEE CHAIRS

Barbara Berg, Scrapbook
Linda Fitzgerald/Keith Lindaas, Scholarships
David Johnson, Scholarship Finance
Marlene Johnson, Hospitality
Evelyn Nordeen, Sunshine
Betty Odle, Historian
Virg Rayton, Active Member Grants
Rita Requa, Legislative
Jim Siscel, Membership/Retirement/Website
Erma Snook, Membership Records
Jo/Bruce Caldwell, Bulletin Editors

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SKSR Board Meetings

All board meetings are held at the Edmonds School District ESC at 1:00 PM

May 12

July 14



Northwest-1 meeting

Working together

by Cheryl Bauer

Three times a year the Northwest-1 Council meets in Mt Vernon. Representatives from the four different units (Sno-King, Sno-Isle, Whatcom County and Skagit-San Juan) which comprise NW-1 get together to share what they are doing and to hear from a variety of speakers.

The most recent meeting was Monday, April 21. Attendees heard from WSSRA Legislative Coordinator Peter Diedrick regarding the end of the legislative session in Olympia. The legislative article in this *Bulletin* explains most of the things he talked about. Following Peter, participants heard what committees are doing statewide and what other units are doing locally. Lunch was served, and all went home inspired and ready for the annual convention.

Our next special event

Share a meal with our Sno-Isle neighbors

by Evie Nordeen

You will not want to miss this special meeting on May 17th, from 11:30 until 1:30, at the Sno-Isle Technical School, located near Boeing in Mukilteo. Sno-Isle School Retirees has planned this event and invites us to join their group. The luncheon is always delicious. This year's menu includes roasted tomato soup, your choice of either cod Florentine or pretzel coated chicken, followed by a dessert of chocolate raspberry ruffle tart. This wonderful meal costs just \$15.00 and is provided by the culinary department at the Sno-Isle Skills Center.



The theme for the event is *Around the World with Peace Corps*. The speaker will be Peace Corps regional recruiter Amber Gomes. She served in Kenya from 2012 to 2014. An OSU grad, Amber worked in the public health sector at the Kalawa Health Center there. She helped coordinate voluntary testing and counseling services for HIV/AIDS and assisted in training Kalawa's first community health workers. Miss Gomes revitalized the Boy and Girl Scout Clubs. She worked with multiple community groups to install rain tanks, created an education center and started a goat husbandry project. Her largest project was for books to Kalawa District Schools.

The final number of attendees must be submitted by 10 AM May 11th. Please call Evie Nordeen at 425-775-1127 or e-mail evie_nordeen@frontier.com for reservations.

We welcome you!

MARK YOUR DATEBOOK

Coming Events for Sno-King School Retirees

May 17	11:30
Luncheon with Sno-Isle	Le Bistro, Sno-Isle Skills Center
July 20.....	11:30
Picnic.....	Edmonds City Park

Our Legislature in action

Legislative session outcomes

by *Tim Knopf, WSSRA Legislative Committee Member from Sno-Isle*

Just as the 2015 Washington State Legislative Session grew beyond its scheduled 105 days into a 176-day marathon, the 2016 Session dragged past its allotted 60 days, finally wrapping up late Tuesday night, March 29th, 20 days into a special session.

This year's delay was due to differing visions of Washington's future and complicated by the Republican-controlled Senate's and the Democratically-controlled House's reluctance to compromise. Their failure to pass a supplemental budget before the March 10th end of session led Governor Inslee to impose an immediate 30-day special session and slap legislators with an unprecedented veto of 27 bills that they had already passed.

House Democrats wanted to use the rainy-day fund to raise the pay of first-year teachers and give all educators a percentage increase this session. Senate Republicans said, "Wait!" not wanting to impose new taxes, sunset existing tax exemptions or touch the rainy-day fund this year. Despite the State Supreme Court's \$100,000 per day "fine" imposed on the Legislature last year for poor progress toward fully funding K-12 education by 2018, the one thing that both sides could agree on was to again postpone school funding until next session.

Eventually cooler heads prevailed, talks were held and on Monday, March 28th, legislative leaders called members back into session. Late Tuesday night they passed a supplemental operating budget that added \$191 million to the existing \$38.2 billion budget.

The supplemental budget includes \$5 million for Washington State Patrol salary increases, \$28 million more for mental health hospitals, \$15 million toward combating homelessness and \$190 million from reserves will be used to pay last year's massive fire-fighting tab. House Democrats gave up teacher pay increases for now, and Senate Republicans swallowed hard before dipping into the rainy-day fund.

Legislators also managed to override all 27 of the governor's vetoes.

You may remember my claim that Washington State School Retirees won. Peter Diedrick, WSSRA's



Legislative Coordinator, reports that the Legislature made the recommended payments to the pension funds and didn't alter any of the current retirement plans or reduce our \$150 per month PEBB Medical Benefit. Hooray!

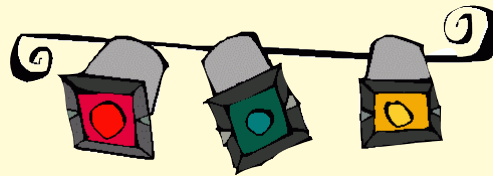
Legislators dropped plans to merge the underfunded PERS 1 and TRS 1 retirement plans with the fully funded LEOFF 1 plan. That would have dragged LEOFF 1 below full funding. Legislators also backed off plans to study shifting Medicare retirees to Medicare Advantage health plans, further narrowing our choices. There's a win!

WSSRA heavily lobbied on behalf of Senate Bill 6455. That bill allows TRS Plans 2 and 3 retirees under age 65 to substitute teach up to 867 hours per year. Fortunately, it finally passed the Legislature on March 10th, the last day of the regular session. Then it sat on the Governor's desk until it was signed on Friday, April 1st!

Since SB 6455 becomes effective 90 days after signing, it won't help school districts or retirees this school year, but it will next year, and that is a win!

We couldn't restore the Plan 1 COLA, but we haven't given up. The 2017 Legislative Session will start early next January and WSSRA will be there again fighting for you and your benefits.

Together we must all endure an election season this fall that will determine all House seats and half of the Senate seats. Then the newly elected or re-elected state legislators will face a session in 2017 that could make 2015 and 2016 look like walks in the park. The McCleary Decision issue on full K-12 school funding must be addressed next year, so the pressure on all aspects of the operating budget (including pension funding) will be tremendous. Stay with us when the ride begins next January because where and when it will end, nobody knows!



In the spotlight

The Caldwell's

by Cheryl Bauer

Added to this year's board were two members who have served previously and graciously agreed to help again as co-editors of the *Bulletin*. Since they do this together as a husband and wife team, I am going to include both of them in this month's spotlight. Of course, I'm talking about Jo and Bruce Caldwell. If I had to come up with one word that would describe the Caldwell's, it would be MUSIC. Maybe I should use two words and have the other be TRAVEL.

Bruce taught instrumental music and math in the Edmonds School District with most of his time at Woodway (later Edmonds-Woodway) High School. Following his love for music, he served in many capacities for the Washington Music Educators Association, including two years as state president. In 1995, a pilot program was established to support the volunteer officers with salaried staff, and the WMEA office was opened in their home. By the time they retired from their positions in 2015, WMEA had moved out of the Caldwell's home and employed an on-site staff of seven. The association definitely grew under the leadership of the Caldwell's.

Jo started her career in Los Angeles, and then came to Northshore. After staying home with her children, she returned to the profession working in Edmonds, Auburn and Snohomish, returning

to Edmonds in 1984. She taught at many levels during her career, retiring from Meadowdale High School in 1997. Jo has served as editor of the SKSR *Bulletin* and the WSSRA state magazine, *The Journal*. In February, she was inducted into the WMEA Hall of Fame.



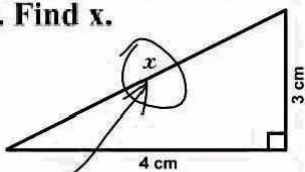
This article does not have enough space to write about all the places they have traveled to or hope to travel to in the near future. Europe, Ashland and Palm Desert would name just a few. A highlight will be going to see one of their granddaughters perform with the Jackson High School Honors Wind Ensemble at Carnegie Hall in May. Bruce will even conduct a number. WOW!

Can't end this article without mentioning their passion for the Huskies. They travel to many away games cheering on the football team throughout the season. I want to conclude by quoting Jo, "Our major interests include what they have always been – family, the Huskies, politics, music and education."

What an addition they are to our board!

WHY TEACHERS DRINK - STUDENTS' TEST RESPONSES

3. Find x.



Here it is

Name six animals which live specifically in the Arctic.

Two polar bears
~~Three~~ Four Seals

Explain the phrase 'free press'.

When your mum irons trousers for you.

What is a fibula?

A little lie

Name the wife of Orpheus, whom he attempted to save from the underworld.

Mrs Orpheus

Where was Hadrian's Wall built?

Around Hadrian's garden

What did Mahatma Gandhi and Genghis Khan have in common?

Unusual names

SKSR BULLETIN BOARD

SAVE THE DATE FOR THE PICNIC

Just a reminder early: Please be sure to mark Wednesday, July 20, on your calendar for our annual summer picnic. This will be held at the city park in Edmonds. Please note the day of the week change. (Somehow the mayor of Edmonds beats me out of our traditional Thursday even though I am practically first in line to reserve it.) We will meet some of our grant recipients. Newly retired members get in free, and good fellowship is had by all. Can't say we didn't let you know early enough!

ELECTION OF OFFICERS

Many of you have found that other organizations you are involved in are having trouble attracting candidates for new officers; SKSR is no exception. For one more year, most of this past year's officers have agreed to serve. The officers for the 2016-2017 year will be as follows: President/coordinator—Cheryl Bauer; Vice-President—Roberta Hawkins; Secretary—Jan Phillips; and Treasurer—Tom Hawkins. Committee chairs will remain the same with Donna Murrish taking over the Health position. At our annual retreat in August, we will set up our activities for the year. Please talk to any of the people listed above or the committee chairs listed on the front page of the Bulletin, if you have ideas, suggestions or interest in being on one of the committees. We will ask for nominations at the May luncheon and have installation in the July picnic.

WILL YOU JOIN US AT THE WSSRA CONVENTION IN JUNE?

In the last newsletter, I invited anyone who was interested to talk to me if they would like to go to our annual statewide convention. The response was NOT overwhelming. It isn't too late decide to go. (We would like to know by May 4.) The convention is in Yakima on June 6, 7, 8. We usually carpool from this area and stay at the hotel near the convention center. At this point is time, that hotel is probably filled, but there are others nearby. All costs will be covered by our local unit, Sno-King School Retirees. This was one of the areas where the dues increase helped defray the costs for individuals. Please contact me at 425-244-1709 or at bauserc1@frontier.com if you have any questions.



Member information updates

Welcome to our New Members

Cobb-Cooper, Julie E *, 637 Elm Place, Edmonds, WA
98020-425-418-0501-jcobb-cooper@msn.com
Cole, Theresa C *, 4305 225th ST SW, MtLake Terrace,
WA 98043-425-773-8422-tcoble49428@gmail.com
Coombs, Wendi *, 2004 237th ST SE, Bothell, WA
98021-mawcoombs@frontier.com
Dickinson, Leslie D, 13716 60 Ave SE, Everett, WA
98208-425-379-2488-dickinsonld62@gmail.com
Lipke, Christina M *, 24105 3rd PL W, Bothell, WA
98021-206-786-4511-cmliipke@msn.com
Newvine, Gloria A, 10205 NE 129th Lane, Kirkland, WA
98034-425-823-1810-gnewvine@gmail.com
Yuhas, Mary E *, 16576 SE 19th ST, Bellevue, WA
98008-206-930-6279-maryyuhas@live.com

* indicates Active Member

Member Data Changes / Additions

Guthrie-Mehlert, Karen, 31176 N Orange Blossom
Circle, San Tan Valley, AZ 85143

Deceased

Faber Febe P, 2/01/2016, Shoreline
Member since 1992
Miller, Kathleen S, 3/01/2016, Edmonds
Member since 2006
Puckett, Elizabeth G, 2/11/2016, Shoreline
Member since 1985
Traeger, Thomas J, 3/04/2016, Shoreline
Member since 2004

Thank you to the following donors to the Sno-King Scholarship Fund

Betty Bostrom in memory of Bryce Cook

Laura Rogers in memory of Jack Rogers

Jim Siscel in memory of Tom Traeger

SKSR In memory of Febe Faber, Kathleen Miller, Betty Puckett, Tom Traeger

Your health tips

How much water do you need?

from Donna Murrish

The following information is taken, in part, from an article in Swedish Health Services HealthWatch news.

Water—every system in your body depends on it—you can't live without it.

So how much water do you need?

You may have heard about a recent report that found the benefits of drinking water may have been oversold. Apparently, the old suggestion of drinking eight glasses a day is just a guideline – not based on scientific fact.

The amount of water your body needs depends on your height, weight and level of activity. The eight-glasses-a-day guideline is accurate only if you aren't eating any food during the day. Typically, about 20% of your daily fluid intake comes from the food you eat.

While we may not need eight glasses, there are plenty of reasons to drink water. Fluid losses occur continuously; from skin evaporation, breathing, urine, etc. These losses must be replaced daily for good health.

Six reasons to be sure you're drinking enough water

1. Water helps maintain the balance of body fluids (*your body is composed of about 60% water*).



2. Water can help control calories.
3. Water helps energize muscles (*you've heard of "muscle fatigue"*).
4. Water helps keep skin looking good (*dehydration makes your skin look more dry and wrinkled*).
5. Water helps your kidneys. Your kidneys do an amazing job of cleansing and ridding your body of toxins as long as your fluid intake is adequate.
6. Water helps maintain normal bowel function. When you don't get enough fluid, the colon pulls water from stools to maintain hydration, and the result is constipation.

The easiest guideline to follow

When you're getting enough fluids, urine flows freely, is light in color or almost colorless, and free of odor. If you chronically drink too little, you could be at a higher risk for kidney stones – especially in warm climates. Stay hydrated!

**VISIT US
ON THE WEB:
www.sksr.org**



Sno-King School Retirees

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SKSR Honors

Scholarship Awardees 2016

by Linda Fitzgerald, SKSR Scholarship Co-Chair

Charlotte Berkman

Charlotte Berkman, from Inglemoor High School, can't wait to start her college experience where she has been accepted at Western Washington University. She has always wanted to work with children and would like to teach primary age or younger. She is participating in the Teaching Academy class that the Northshore School District offers at Bothell High School and has been working in a kindergarten classroom three afternoons a week, which has cemented her desire to be a teacher. Her empathy for others, an important quality for a teacher, is demonstrated by her being a founding member of the Pink Polka Dots Junior Guild in honor of her sister's best friend who died of a brain tumor. In the past 10 years the guild has raised over \$800,000 for research to find a cure for pediatric brain tumors.



Emma Enga

Meadowdale High School's Emma Enga is going to pursue an education degree from Western Washington University with the goal of teaching high school math or science. Emma has challenged herself with the most rigorous math and science courses that her high school offers and was part of a STEM expo where she had the opportunity to speak with scientists and professors about second-generation biofuels. Both of her letters of recommendation mention her being calm, caring and patient, all important attributes for being a successful teacher. As a swimmer and swim instructor, she is able to set goals and has teaching experience.

Shelbie Knowles

Shelbie Knowles, from Lynnwood High School, has been a leader during her four years in high school. She has been a captain of the cheer squad, secretary of DECA and secretary of the Associated Student Body. Her plan is to attend Edmonds Community College for two years, transfer to a four-year university, earn a bachelor's degree in education and become a high school math teacher. Shelbie's math skills are excellent as shown by her score of 5 (the highest possible) on the Calculus AB exam last May. Her math and English teachers both mentioned how well she works with others students and is able to maximize their potential in terms of working to understand the material. One of her teachers says that Shelbie is a "laudable individual."

Meghan Trainer

Whitworth University is the destination for Meghan Trainer from Shorecrest High School. When she was in second grade, Meghan set a goal to become an elementary school teacher. Since then she has taken every opportunity to solidify that goal by surrounding herself with children at every opportunity. Being a Sunday school teacher has taught her lesson preparation, and she has received joy from the feedback she is given when lessons go well. Her Child Development class allowed her to spend three days a week in a preschool where she learned first-hand about toddlers and preschoolers. Her AP Psychology class taught her about brain development and was an academic challenge. Meghan will minor in French, which she has taken for three years. She is now acting as a peer tutor in a third-year French class where she helps students understand difficult concepts. She states that her childhood dream of being a teacher has now grown into a passion for the future.

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

Spring in the Northwest



Help us with information to put in the *Bulletin*

The deadline for the next Bulletin is June 20. Send news and other materials to Jo Caldwell.
jo@wmea.org-425-218-8434.

Please send us news about other members as well as about your activities.

If you know of illness, please call Sunshine Chair Evie Nordeen, 425-775-1127.

To help with mailing our next Bulletin on Tuesday, July 5, call Marilyn Dauer, 425-774-7445.

