

Sno-King School Retirees



September-October 2016

The SKSR Bulletin



A message from our president

New beginnings

by Cheryl Bauer

The start of the 2016-2017 SKSR year began with our annual retreat in Bothell. Having to drive around the devastation from the fire in the downtown area was not easy, but 16 members of the executive board gathered to plan for the coming year. Once more I am at the helm of this organization. At first I questioned how would I keep coming up with new things to write about? But as we met and planned, I realized there are so many things to share that I can't keep quiet!

Mailing list confidentiality

Trying to take care of you, our members, is always a priority. Among the items we discussed was a memo from the state regarding the use of its Membership Mailing Lists. You need to know that in a nutshell, "names and addresses on the WSSRA mailing lists shall be restricted to official business of the Association." It is important to us to safeguard your personal information and treat it with confidentiality.

Uses of dues increase

Discussion also occurred around ideas of continuing to use the increase in dues from last year for the benefit of as many members as possible. In that vein, we decided to increase the maximum amount awarded each grant recipient to \$250, and the high school scholarship recipients will receive \$2,000 each. SKSR is continuing to subsidize the amount charged for our luncheons at

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OFFICERS

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

COMMITTEE CHAIRS

Barbara Berg, Scrapbook
Linda Fitzgerald/Keith Lindaas, Scholarships
Donna Murish, Health
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

September 8	March 9
October 13	April 13
November 10	May 11
January 12	July 13
February 9	



Our next event

October 20 Lunch Meeting at LeBistro

by Jim Siscel, October Lunch Chair

We hope you will be able to join us on October 20th for our first meeting and luncheon of the fall. It will be held at LeBistro Cafe at the Sno-Isle Tech Center in south Everett near Paine Field and the Boeing plant. We'll meet and chat starting at 11:30 am; lunch will be served at noon. Chef Becky's culinary arts students always provide delicious food for us.

Sarah and Gabriel Chrisman will present *The Vigorous Life: Victorian Sports and Their Modern-day Legacies*. The Chrismans incorporate much of the culture and technologies of the late 19th Century into their daily lives in Port Townsend. They'll help us understand what made the bicycle such a revolutionary invention. We'll explore the change in the nature of "the wheel" that made women embrace cycling—and what effect this had on the "New Woman." In other sports, the presenters will share the advice men were given before taking women "surf-bathing"! You'll learn which U.S. President is associated with the early days of football, and what the devil was "muscular Christianity"?

SKSR will again use some of our increased dues to supplement the cost of this lunch, making the cost only \$5 for each attendee. Reservations are required. Please let Jim Siscel know that you are coming by sending the form below or sending him an email at asjs68@earthlink.net. If you need further information, contact him at 425-778-7202 or via email (above). Jim needs to have your response by Friday, October 14th.



**Make your reservation now
 October 20 Luncheon
 LeBistro, Sno-Isle Skills Center
 \$5 per person**

Your name _____

Guest's name (if any) _____

Menu Choice

_____ Cedar-brined pork _____ Chicken Cordon Bleu

Send the form and your check by October 14 to:

Jim Siscel
 19322 73rd Place West, Lynnwood WA 98036

Our Legislature in action

Your vote counts!

by Rita Requa

You have seen the ads and have received the mail. The primaries are over and a full election season is in progress. High voter participation is the norm for presidential elections. State and local elections may be affected by turnout. WSSRA issues are usually state issues and often have a budgetary impact; therefore, it is in our best interest to elect legislators who are sensitive to our issues and support them via their vote.

Before making voting recommendations, the WSSR PAC reviews the voting records, electability, and input from the local legislative team and from our lobbyists. You will be notified of those endorsements in the coming weeks.

Incumbents of the 1st, 21st and 32nd Legislative districts have been supportive of WSSRA Legislative issues. My contacts with them have been respectful, productive and fruitful.

The results of the primary election for those three legislative districts are:

First Legislative District

Senate OPEN SEAT: Guy Palumbo-D and Mindie Wirth-R

House Position 1: Incumbent Derek Stanford-D and Neil Thannisch-R

House Position 2 OPEN SEAT: Jim Langston-R and Shelley Kloba-D



21st Legislative District

House Position 1: Incumbent Strom Peterson-D and Alex Hels- Libertarian

House Position 2: Incumbent Lillian Ortiz-Self-D and Jeff Scherrer-R

32nd Legislative District

House Position 1: Incumbent Cindy Ryu-D and Alvin Rutledge-R

House Position 2: Incumbent Ruth Kagi-D and David Schirle-R

You can find the final vote counts and percentages in all Washington races at this website address: www.results.vote.wa.gov.

Ballots will be mailed October 21st for the November 8th election. Study the issues and candidates, and be sure to cast your vote.

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\$5.00 per member. There are also other things we are considering. Look for that information in the next newsletter.

Looking ahead

Thank you again to all the members of the executive board who have agreed to continue in their roles as committee chairs and/or members for 2016-2017. I look forward to an exciting year ahead, and I hope you will make this the year you get involved or at least attend some of our meetings. Your first opportunity to join us is for the luncheon on the October 20.



Fun in the sun...annual picnic at Edmonds City Park July 20, 2016



WSSRA President Rick Nebeker shares his belief that we will be facing three major issues in the coming legislative session: 1) solving the public school funding crises, 2) protecting our health benefits, i. e., keeping the supplement to our PEBB health plan program at \$150; and 3) fully funding the pension system.



President Cheryl Bauer presents a gift to outgoing treasurer Donna Murrish. Donna has served as treasurer for several years. She's not retiring completely, however, and will serve as health chair this year.

A token of appreciation was also presented to Cheryl for her continuing leadership of SKSR.



SKSR grant winners Laura Reed, Cathy Kennedy, Cathi Worlstad, Kari Stokes and Peggy Hohnhaus thank members for their contributions.

Laura (Cascade K-8, Shoreline SD), purchased two wobble chairs and fidgets to help students focus. Cathy (Woodmore Elementary, Northshore SD), purchased apps for a donated iPad that speech paraeducators will use with students. Cathi (Beverly Elementary, Edmonds), used the money for the K/6 Buddy Arts Program. Kari (Woodmoor Elementary, Northshore SD), purchased read-aloud books for student book bags. Peggy (Lynndale Elementary, Edmonds SD), used the funds for a field trip to the zoo.

Grant chair Virg Rayton announced that a total of 36 grants were awarded this year, totalling \$6,995. Since SKSR began giving out grants in 1998-99, a total of \$61,420 has been given to active members to help enrich their classrooms.



Evie Nordeen installs SnoKing officers for 2016-17. They are Cheryl Bauer, president; (Evie); Roberta Hawkins, vice president; Jan Phillips, secretary; and Tom Hawkins, treasurer. All are returning officers except Tom, who is taking over from long-time treasurer Donna Murrish.



APPLICATION PERIOD NOW OPEN FOR EDUCATOR GRANTS

by Virg Rayton, Grants Chair

If you are one of our active (employed) members of any school employee group that interfaces with students in Edmonds, Northshore or Shoreline, you qualify to make application for an SKSR grant of up to \$250 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 the program's inception in 1998-1999, SKSR has awarded \$61,420 in grants.

Here's how to make your application:

Applications are due by the first Thursday in November (11/3), and should include the following information:

- **A few sentences explaining how grant money will be used** and its intended impact on students
- **The amount of money** being requested
- **The applicant's name**, school and home e-mail addresses, school address and school phone number, the school principal's/supervisor's name and school e-mail address, and school district
- **The usual day and time** of your regular staff meetings

Submitting your applications

- To **Virg Rayton**, SKSR Grants Chair, virg@raytonfamily.com, (425) 774-9413
- Or to **Rita Requa**, rrequa@comcast.net, (206) 362-5220

Notification

Recipients will be notified before Thanksgiving and checks will be delivered in December and January.

Eligibility

Non members may secure eligibility by requesting a membership form from Jim Sisco, SKSR Membership Chair, at asjs68@earthlink.net or (425) 778-7202.

Your health tips

Put on those walking shoes!

(A fitness message sourced, in part, from *Prevention Magazine*, authors Ryan Todd and Devon Rutz)
 Edited and presented by Donna Murrish



How many times have you heard that you must exercise to stay physically fit? Are you taking that advice to heart? “Every scientific study shows that if you exercise, you’ll live longer. That’s the icing on the cake. Your health is the incentive. The enjoyment comes after that.” (Orville Rogers—98 and still running in Dallas, TX)

Here are some findings of all those studies:

- **Your Brain:** Just two hours of walking a week can reduce your risk of stroke by 30%.
- **Your Memory:** 40 minutes, three times a week protects the brain region associated with planning and memory.

- **Your Mood:** 30 minutes a day can reduce symptoms of depression by 36%.
- **Your Health:** Logging 3,500 steps a day lowers your risk of diabetes by 29%.
- **Longevity:** 75 minutes a week of brisk walking can add almost two years to your life.
- **Your Heart:** 30 to 60 minutes most days of the week drastically lowers your risk of heart disease.
- **Those Bones:** Four hours a week can reduce the risk of hip fractures by up to 43%.
- **That Weight:** A daily one-hour walk can cut your risk of obesity in half.

It’s so simple and so astonishingly powerful and scientifically proven by study after study: Sneaking in a few minutes a day can transform your health, body and mind.

So why are you still sitting?

Policies and procedures update

by Roberta Hawkins, Secretary

As required by our SKSR Policies and Procedures, we are publishing information regarding the use of membership information.

Article V: Use and Confidentiality of Sno-King School Retirees (SKSR) Membership Lists and Information (Rev./Updated 4/9/2015)

Section 1: Issues, rules and policies relating to the use of SKSR member information applies to all members, including officers of SKSR.

Section 2: SKSR adheres to the procedures and policies regarding member information that are used and followed by our state organization, Washington State School Retirees Association (WSSRA).

Section 3: Confidentiality of membership lists and information shall be maintained as follows:

- a. The Sno-King School Retirees Directory is provided to members as a means of keeping in touch with friends and ac-

quaintances. It is our hope that members will find this directory a valuable tool to renew old friendships and make new ones, BUT it is for members’ personal use and SKSR official business only. Use of the directory information for any commercial or political solicitation is prohibited;

- b. Each year, in the September *SKSR Bulletin*, the membership shall be notified of the rules of confidentiality of SKSR and WSSRA membership names and information;
- c. Use of SKSR stationery and logo shall be restricted to official business of the organization;
- d. Any special or non-SKSR mailing must be pre-authorized by the SKSR Executive Board. All expenses for such a mailing must be paid by the organization for which the mailing is done.

Scholarships

Winnie Smith Memorial Scholarship Updateby *Keith Lindaas*

Each year, in addition to SKSR scholarships awarded to graduating high school seniors who are going into the field of education, the Winnie Smith Scholarship makes funds available to former scholarship winners if they successfully continue pursuing a degree in education or an education-related field. Following is an update about four of the previous high school scholarship winners:

2012 Scholarship winners

Kevin Miller, a Shorewood HS graduate, and **Laura Taylor**, Mountlake Terrace High School, are finishing up their undergraduate degrees.

Kevin is a senior at Whitman College and is sure of his decision to become an elementary teacher. During the past school year he has continued volunteering at Walla Walla elementary schools with the Story Time Project, reading to kindergartners and second graders. He has also volunteered in a third-grade classroom with America Reads America Counts for six hours a week doing crucial one-on-one and small group reading support. Kevin is planning on pursuing a one-year intensive elementary Master's in Teaching program either at Seattle University or the University of Washington.

Laura is a senior at the University of Washington, majoring in French and minoring in education. After finishing her BA this school year, she will go into a one-year teacher prep program. Her goal is to teach French at the high school level, but she is also interested in the idea of teaching French and ESL in an international school.

The total dollar amount of Kevin's and Laura's scholarships is \$5,700 each.

2014 Scholarship winners

Lynnwood HS graduates and sisters, **Erica and Jessica Gott**, are juniors at the University of Puget Sound.

Erica is majoring in English and plans on enrolling in the Master's for Education program. She finds that UPS is a great fit for her; she feels it is both challenging and rewarding. Erica looks forward to continuing to develop her skills and abilities through her English major, and she is excited to take this knowledge to her future classroom.

Jessica is still interested in becoming a school psychologist and looks forward to working in the field of education. After graduating from Puget Sound in 2018, Jessica plans on attending graduate school to get her master's degree in counseling psychology. She says that she is very appreciative of receiving the Winnie Smith Memorial, which has allowed her to further her education at a top academic school.

The Winnie Smith Memorial Scholarships are possible because of money the former Edmonds teacher left to SKSR in her will.

Member Information Updates**Welcome New Members**

Leberg, Gayle M, 18019 Baldwin Road, Mill Creek, WA 98012, 425-478-4675, lebergwg@me.com

Rust, Amy A*, 20517 80th Avenue West, Edmonds, WA 98026, 425-774-8168, rustamyandlib@comcast.net

McMahon, Sandra J, 6919 190th Street SW, Lynnwood, WA 98036, 425-775-3815, sandymc@frontier.com

* = Active Member

Member Data Changes/Additions

DeArias, Yolanda, 1640 148th Ave SE #143, Bellevue, WA 98007, 206-790-1320

Sommers, Ellen J, ellenjsommers@gmail.com

Spencer, Margaret, trainerspenc@aol.com

Strand, Kathryn, strandbk@frontier.com

Deceased

Dickerson, Virginia, 6/2016, Member since 1998

Knowles, Martha J, 8/2016, Northshore, Since 1996

Nicholas, Arthur R, 6/2016, Northshore, Since 1991

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



Help us with information to put in the *Bulletin*

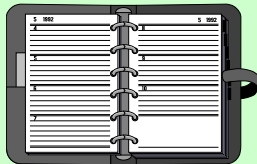
The deadline for the next Bulletin is October 20. Send news and other materials to Jo Caldwell.

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 October 31, call Marilyn Dauer, 425-774-7445.



MARK YOUR DATEBOOK

Coming Events for Sno-King School Retirees

October 20	11:30
Luncheon	Le Bistro, Sno-Isle Skills Center
November 17	12:00
Scholarship Lucheon.....	Edmonds Unitarian Church
December 6 (Tuesday).....	1:00
Cookie Fest and Singalong	Edmonds SD ESC

January 21	TBA
Food Lifeline Service Project.....	TBA
February.....	TBA
Event	TBA
March 16.....	TBA
Field Trip	TBA
April 20.....	12:00
Scholarship Lucheon.....	Edmonds Unitarian Church
May 18.....	11:30
Sno-Isle Joint Luncheon ...	Le Bistro, Sno-Isle Skills Center
July 19.....	12:00
Picnic.....	Edmonds City Park