

Sno-King School Retirees



September-October 2017

The SKSR Bulletin



A message from our co-president

A new year begins

by Jim Siscel

Welcome to what will be a great year for the Sno-King retired educators' unit.

The executive board met early in August and discussed the plans for 2017-2018 year that we think you will enjoy. We welcomed Diana McQuay to the Executive Board. She will be

working with Virg Rayton on the Grants committee.

Discussion topics included the following:

- 1) Grant application information for active members.
- 2) The next edition of our membership directory.
- 3) October luncheon at Edmonds Community College.

Information about each appears in separate articles in this publication.

We continue to be the second largest unit in the state, with over 1,370 members. Those of you who are working members are a great source to bring in more members. Contact me if you need enrollment information, and I will bring it to you.

As your webmaster, I encourage you to check out our website on a regular basis—sksr.org. I list the latest updates at the top of the Home Page.

OFFICERS

Cheryl Bauer/Jim Sisel, Co-Presidents
Roberta Hawkins, Vice President
Jan Phillips, Secretary
Tom Hawkins, Treasurer

COMMITTEE CHAIRS

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



WANT FREE MONEY?

If your name is one of the four members' names hidden in this *Bulletin*, you are eligible to win \$25!

Check out details on page 5. Be a winner! ALL members are eligible. Good luck!

Barb Bumgardner was the only member who found her name hidden in the last issue; she claimed her \$25 prize!

Our next event

October 19 Luncheon at Edmonds Community College

by Jim Siscel, October Lunch Chair

We hope you will join us for our October Luncheon at Edmonds Community College on Thursday, October 19, beginning at 11:30.

Want to get started on your family history and don't know how? Want to know more about the amazing online (and offline!) resources available for research? This is your chance! Join local genealogist Mary Kathryn Kozy and the Sno-Isle Genealogical Society and learn more!

Superintendent Rebecca Miner will give an update on the Shoreline School District.

There will be a dedicated parking area, Event Area K, near the Edmonds School District ESC for us. It is a short walk over to the Black Box Theater in Mukilteo Hall.

We will have a Sicilian lunch buffet consisting of grilled bruschetta chicken, roasted red potato salad, mixed green salad, bread and assorted dessert bars. The cost for members is \$5 and for guests \$15.

Please RSVP to Jim Siscel at 425-778-7202 or asjs68@earthlink.net by Friday, October 13th.

**Make your reservation now
October 19 Luncheon
Edmonds Community College
\$5 per member/\$15 guest
new members FREE**



Your name _____

Guest's name (if any) _____

Send the form and your check by October 13 to:

**Jim Siscel
19322 73rd Place West, Lynnwood WA 98036**

2018-2020 Member Directory to be Published

Soon we will be contacting all members to update our member directory. We are continuing the three-year print publication cycle. We want to be sure that we have your latest information. The directory will be sent in Word format to all e-mail members in January 2018, 2019 and 2020. A printed copy of the directory will be sent to all non-email members who *Opt In* to receive it.

All e-mail members will receive an email requesting an update of their information, if there have been changes not yet reported, and how to report those changes.

An insert will be placed in the Sept/Oct and

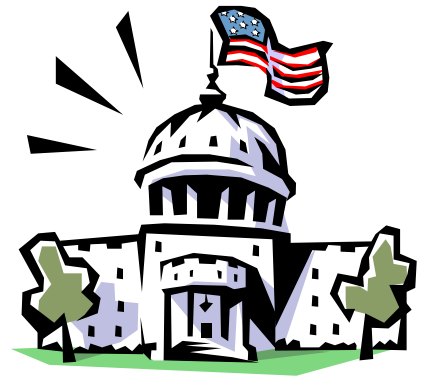
Nov/Dec mailed issues of *The SKSR Bulletin* requesting an update of personal information for the directory. The same sheet Bette Bangasser will give non-e-mail members the opportunity to request a printed copy of the directory and how to *Opt In*. There will also be an opportunity for them to include their email address for receiving further communications from us.

Many of our non-e-mail members do not require or use the Member Directory, which is why we would like only those who want the directory to *Opt In* to receive a printed copy. This will save postage and trees.

Our Legislature in action

The Legislature adjourns, but more work remains

by Rita Requa



Following is a report on the outcome of WSSRA Legislative priorities from the 2017 Legislative Session:

1. **Restore Plan 1 COLA.** No action, not included in budget. WSSRA will continue to push this issue next session.
2. **Restore retiree health care benefits from \$150 to \$183.** No reduction or increase, stays at \$150. WSSRA will continue to push this issue next session.
3. **Make the actuarially recommended payment to state pension funds.** State made payment.
4. **Maintain PRS & TRS 2 retirement plans for future school employees.** No negative action, so maintained.
5. **Increase Plan 1 Minimums.** Will increase by their normal amount, \$57.50 per month per year of service for Basic Minimum, or \$1,847 per month for the Alternative Minimum Benefit.

This was a contentious session. The republicans and democrats hardly talked to each other during the budget process, and when the final budget was released (620 pages long), legislators were only given a few hours to review the budget with no public input. Districts now are trying to discern Joyce Bayer what is happening to their budgets as a result.

There was no capital budget passed, which affects the building of schools. Initiative 1351 (voter-approved initiative to reduce class size) was suspended. There are legislators working on a capital budget at this time and it is anticipated that in the next month or two, the Legislature will be called back to vote on a capital budget.

Some suspect that the following is the real reason no capital budget was passed: There is a major issue of a water and housing crisis in Eastern Washington. A \$3,000-\$5,000 study regarding the drilling for water and resulting environmental impact for each house to be built must be completed before a permit is issued. Two factions: 1) those who want the study removed—labor and business interests, and 2) those who want it maintained—tribes and environmental groups. In the meantime, no residential building is going on in Eastern Washington. The Legislature has not taken action. Stay tuned.

On a personal note:

I am looking for a member who is interested in the legislative process and would be my back up for this year and potentially become next year's Legislative Chair. It is my intent to retire as SKSR Legislative Chair and the State Legislative Committee at the end of June 2018.

Responsibilities of the SKSR Legislative Chair are to attend and report to the monthly SKSR Executive Board meetings and write six articles for the *SKSR Bulletin*. One might be hesitant to volunteer for such a position; however, there is assistance from many sources. I often call Peter Diedrick, WSSRA Legislative Coordinator, before writing each article to get the most urgent information. His suggestions are "right on."

As SKSR Legislative Chair, one will no doubt be appointed to the WSSRA Legislative Committee. Those responsibilities include attending two member lobby days in Olympia (two-day sessions), usually one in late January and the other February or March. Costs for travel, hotel and meals are paid by WSSRA. The first half day of the meeting is preparation for issues to be discussed and strategies to use to educate the legislators about our issues. One would establish a professional relationship with legislators from the 1st, 21st and 32nd Legislative Districts. At the present time, all those legislators are easy to work with and are supportive of WSSRA Goals. There is much support from the state legislative co-chairs and the WSSRA office in this endeavor. It would be my hope that the back-up person would go to Olympia with me in January and/or February/March to see what is involved and accomplished on member lobby days.

Please consider this opportunity to help our members and give me a call, 206-362-5220. I would be happy to talk with you.



APPLICATION PERIOD NOW OPEN FOR EDUCATOR GRANTS

by Virg Rayton, Grants Chair

If you are an SKSR member who actively employed in 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 (11/2), and should include the following information:

- **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 (in that order, please)
- **The amount of money** being requested
- **A few sentences explaining how grant money will be used** and its intended impact on students
- **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 **Diana McQuay**, djmcquay@hotmail.com, (206) 363-2826.

Notification

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

Eligibility

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

Are You a New Retiree?

Please let us know if you retired this year. If so, we want to invite you to participate in all of our activities. As a new retiree, you can come to our luncheons for FREE; the normal \$5 charge will be waived through our May luncheon. Please contact Jim Siscel, asjs68@earthlink.net or 425-778-7202 so he can put you on the guest list for our luncheon activities.

Confidentiality of SKSR Membership Directory

This is our annual reminder to our membership to treat the information in our membership directory carefully and to take prudent actions to safeguard it. We are expected to restrict the distribution and use of such information to contacts with our members and official business. It may not be used for any commercial or political solicitation.

Retreat

Your executive board, as well as two additional members, met on August 3 at the Shoreline District offices. The purpose was to plan out the Sno-King School Retirees 2017-2018 year. President Jim Siscel had prepared information and led the meeting. We discussed programs, luncheons ideas, field trips and other concerns of the organization. Treasurer Tom Hawkins introduced the budget, which was discussed over a working lunch prepared by Panera Bread. This budget Mary Jeppesen will be presented at the first SKSR meeting in the fall, which will be held at the Edmonds Community College. (Look for further details in the October Luncheon article.)

This four-hour retreat gave each committee a chance to discuss concerns and thoughts relative to its area of expertise. Look for new ideas and changes as the year progresses.

Picnic Report

Our annual picnic was a great success with 44 members and guests present. The weather cooperated with a light breeze and sunshine. We enjoyed Jan Phillips' BBQ meatballs, fresh veggies, summer fruit, rolls and cookies along with lemonade and iced tea. New WSSRA President Curt Horne brought us up to date about WSSRA's goals and how the organization will go forward to meet the goals. A raffle was held for our WSSR PAC with \$171 being raised. John Hunter, SKSR President in 1989-91, was one of the attendees. Virg Rayton introduced nine of our active educators who told us about how they used the grants that they received: Catherine Feller, Peggy Hohnhaus

and Ruth Kenney-Edmonds; Kelly Dillon, Susie McDowell, and Sheryl Yost-Shoreline; and Susan Watkins-Northshore. Tanya King-Bazor and Cathi Wrolstad-Edmonds, have been collaborating for several years with their primary and intermediate students. Their model has encouraged eight other teachers at Beverly Elementary to collaborate as well. Evie Nordeen installed the new officers. We appreciate those who helped with set-up, serving of food and clean-up. At big "Thank You" also to Barb Berg, who arrived at 9:30 to reserve the outside tables, wiping down all of the tables and then putting the tablecloths on in the breezy morning.



WANT FREE MONEY? Read on...

Again in this issue (it's a not-so-sneaky way to get you to read the *Bulletin!*), the **names of FOUR SKSR members are hidden** throughout the *Bulletin*. If your name appears, you will be eligible to receive **\$25**. Here's what you need to know:

- **Names will appear in a way that makes *no sense* to the article.**
- Names in lists or that are directly related to the article are not eligible.
- If your name appears, you will receive a check for \$25 if you...
 - o Email our treasurer at hamhawk@aol.com -OR-
 - o Snail-mail your response to
SKSR
PO Box 33962
Seattle, Wa, 98133-0962
 - o In your response, either by email or snail-mail, include your name, U.S. mail address and number of page where you found your name.
 - o Emails/post marks must be on or before October 20.

That's all there is. Just sit back and wait for your free money to arrive!

Health news

Strengthen your bones

by Donna Murrish

From an *Arthritis Health Monitor* article as recommended by National Osteoporosis Adviser, Susie Hathaway

Strengthening muscles improves bone density—and denser bones are less likely to break. With your doctor's permission, get two resistance bands (one long and one looped band) and then try the following moves:

To tone the torso and arms:



1) Triceps Stretch

Hold the band in your right hand in back of your neck with your elbow pointing up. With your left hand, grasp the band as far up as you can reach comfortably, then gently pull down. Relax the muscles on the back of your right arm. Hold for 10 to 20 seconds and release. Switch sides and repeat.



2) Band Pullback

With your feet hip distance apart and knees and elbows slightly bent, place the band at the top of your thighs and pull back toward your hips. Hold for 5 to 10 seconds and release. Repeat 5 to 10 times.



3) Band Pulldown

With the band above your head, feet hip distance apart and knees slightly bent, pull the band out and down to your collarbone. Hold for a count of 5 to 10, pulling down with your shoulder blades

to engage the back muscles. Release slowly. Repeat 5 to 10 times. For more resistance, use two bands together.

* Safety tip: Keep band away from your eyes. Wearing bike gloves makes holding bands more comfortable.

Strengthen the hips, legs and lower back with leg lifts:



1) Side Leg Lifts

Place the looped band around your right ankle; step on the other end of the band with your left heel. Use a sturdy chair for support. With your toe pointed straight ahead, lift your right leg to the side, against the band. Hold for a count of 5 to 10, then release. Repeat 5 to 10 times. Switch sides and repeat.



2) Back Leg Lifts

Place the looped band around the back of your right ankle, using the back of the chair for support. Step on the other end with your left heel. Keep the knee of your supporting leg slightly bent. Lift your right leg back Sydney Doherty and bend at the knee, pressing against the band. Hold for a count of 5 to 10, then release. Repeat 5 to 10 times. Switch sides and repeat.

* Safety tip: When adjusting your leg band, always hinge back with the hips to keep a neutral spine, and don't round your back.

If you would prefer to watch these exercises, a DVD by Susie Hathaway Resistance Band Training for Osteoporosis Prevention can be ordered from SusieHathaway.com.

Winnie Smith Scholarship Update

Scholarships for third and fourth yearsby *Keith Lindaas***Erica and Jessica Gott, Lynnwood HS, receive their final scholarships from SKSR, a total of four years.**

Erica is a senior at UPS in Tacoma and plans on becoming an elementary teacher. Last year she volunteered in a fourth-grade classroom and shared that one of the most rewarding parts of volunteering is seeing the excitement on students' faces when they understand something or when they are handed back a spelling or vocabulary test that they did really well on. She thanks us for the continued support and motivation.

Jessica is also a senior at UPS and is preparing for a career as a school psychologist. Last year she took courses in child development and developmental psychology. She is excited to pursue a master's degree in psychology after graduation next year. Jessica says that the knowledge and experiences that she has gained at UPS will truly stay with her for the rest of her life. She thanks us again for the opportunity that these scholarships helped provide.

Brian Dang, Shorewood HS; Kaelah Gendron, Edmonds-Woodway HS; and Brionna Osgood, Meadowdale HS, receive their third scholarship.

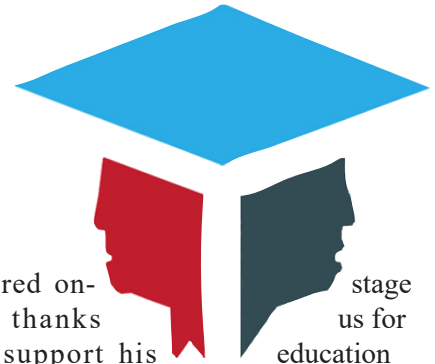
Brian is attending the University of Washington and is heavily involved in the UW's Undergraduate Theater Society. He states that one of the most transformative experiences he had last year was working on designing a play that explores the Vietnamese American experience and is something that he has

never encountered on-stage before. Brian thanks us for continuing to support his education and hopes that he can be as influential as some of his teachers have been.

Kaelah is a junior at the UW and says, as a proud Husky, she takes her learning very seriously. She has a 3.75 GPA, is on the Dean's list and is majoring in Biology with a Spanish minor. This year she is planning on volunteering to get more outside tutoring experience and gain insight on what it is like to be a teacher. Kaelah has made strong connections with some of her professors, and the enthusiasm that they have exhibited has made her more excited to continue her path to eventually become a part of the incredible teaching community.

Brionna has finished her Associate Arts Degree at Everett CC and has been accepted at Western Washington University. She is planning on becoming an elementary teacher. This past year she volunteered for over 120 hours at Olivia Park Elementary and spent time in a second-grade classroom. Brionna has taken classes in Child Development, Education into Action, World Music, Children's Literature and Education Philosophies. She thanks us for the opportunity that these scholarships have provided.

** 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**

Pihl, Kristi A*, 647 NW 182nd ST, Shoreline, WA 98177, 206-405-0217, kristiapihl@gmail.com

Prins, Alynne L, 8911 131st Ave SE, Snohomish, WA 98290

Member Data Changes/Additions

Fiege, Phyllis, 180 2nd Ave S Apt 283, Edmonds, WA 98020, 206-295-0718

Williamson, Sharon, 1613 NE Sarai CT, Bremerton, WA 98310

Rodrique, Thomas D, 10501 8th Ave NE, Seattle, WA 98125, 206-364-3945, arcady60@msn.com

* = Active Member

E-Mail Changes

Belknap, William (Bill), wcbelknap@gmail.com

Deceased

Fortier, Sharon, 6/30/2017, Northshore, Member since 1998

*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.

Please send changes in your mailing address, telephone number, or e-mail address to
Erma Snook, egsnook@comcast.net, or call 425-776-2067.

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

To help with mailing our next Bulletin in **October**, call Marilyn Dauer, 425-774-7445.