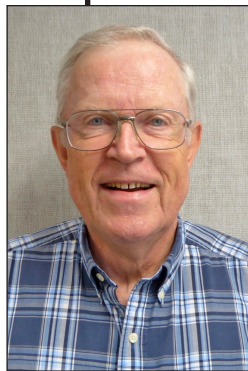


Sno-King School Retirees



January-February 2018

The SKSR Bulletin



A message from our co-president

Check out what is happening!

by *Jim Siscel*

With the beginning of a new year, we look forward to many interesting and enjoyable events for members in the next few months. However, before moving on, we want to share some of what we learned about genealogy at our October meeting is reported on Page 5.

Coming up on January 18th is our annual service project, working at Food Lifeline. More information about this is on Page 2. We will have our own Master Gardener, Martha Clatterbaugh, speak to us at our General Meeting on February 15th; you will find more information on Page 2. At that meeting, we will be voting on several Scholarship By-Laws changes. If you Frank Halferty are one of our active members and within 10 years of retirement, the Edmonds School District-sponsored Retirement Seminars start on February 15th; they have been condensed to four seminars this year. The schedule is on Page 4.

Our Washington State Legislature convenes on Monday, January 8th. The State Supreme Court is apparently frustrated with how

(continued on page 2)

OFFICERS

Cheryl Bauer/Jim Siscel, 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!

Mike Pittis was the only member who found his name hidden in the last issue; he claimed his \$25 prize!

Our next event

January 18 - SERVICE PROJECT

by Roberta Hawkins, January Service Project Chair

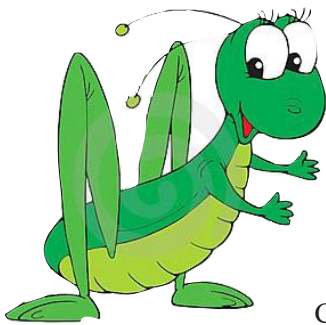
Join us as we help others in our community. On Thursday, January 18th, from 9:00 AM to 11:30 AM, we are again planning on volunteering at Food Lifeline, a Seattle hunger relief organization where local excess food items are brought and repackaged and distributed to the area. Our job will be to repackage whatever items they have for the day we participate.

Because Food Lifeline (<http://www.foodlifeline.org>) is located near the Museum of Flight in Seattle, SKSR plans to carpool. We will meet and leave about 8:00 am from the North part of the Costco parking lot at Aurora Village.

SKSR hopes you can help.

Sign up today

Contact Roberta Hawkins at Rlhawkins@aol.com or 206-546-2556. Provide your name, phone number and email. Please register by Thursday, January 11th.



What's BUGGING you? Find out on February 15

by Rita Requa, February Program Chair

Don't miss our February 15 meeting at the Edmonds School District Administrative Building, 20420 68th Avenue West, Lynnwood. It will begin at 12:30 pm.

Have you seen a bug in your yard or at the park and wondered whether you should get close to examine it or run away? What good are bugs, anyway? Come learn about some of those you're likely to encounter from someone who admires them all.

Our featured speaker is our own **Martha Clatterbaugh**, retired Shoreline teacher. Martha, a WSU Snohomish County Master Gardener and an admirer of bugs, promises an informative presentation and will answer all your questions about bugs.

(President continued from page 1)

the Legislature dealt with the McCleary Funding. I would hope that the Legislature will immediately deal with the Capital Construction Budget, which should have been passed last session. This has kept many school districts from completing construction projects for their increasing enrollments and buildings that need improvements.

The Washington State School Retirees Association (WSSRA) legislative priorities are:

1. Restore a cost-of-living adjustment for Plan 1 retirees.
2. Currently the state's subsidy to lower premium costs for the Medicare Eligible Healthcare Benefit is \$150 per month. This was lowered in 2011 from \$183. We are working to increase the

subsidy to \$205 to cover the increase in healthcare costs.

3. Maintain the PERS/TRS 2 defined-benefit retirement plan for future school employees and make Plan 2 the default pension plan for new employees.
4. Have the State continue to make the actuarially recommended pension payment to the state pension funds.

Our Legislature in action

Contact your legislators

We encourage ALL members in Legislative Districts 1, 21 and 32 to call, write and e-mail your legislators.

Our legislators need to hear our concerns. We need to remember that not “losing anything” is still a loss. Plan 1 members have been without a COLA since 2010, and the cost of living and health care for everyone keeps increasing. Let’s make sure that legislators hear from MANY SKSR members, not just the legislative committee and our lobbyists. They do their best, but YOU are the backbone of the group and your input is needed as well.

You can find contact information Marilyn Lust for these three districts and others where you might live on our website at the following link: <http://www.sksr.org/legislation.html>.



COLA Update

by Peter Diedrick, Legislative Director, WSSRA

In mid-December, the Select Committee on Pension Policy (SCPP) voted to recommend Plan 1 COLA legislation to the full legislature. The bill would provide a 3% increase on the first \$25,000 in pension income. The bill must still go through the legislative process during the 2018 Legislative

Session, but will now do so as recommended legislation from the SCPP. The vote was 13-2.

Today was an important first step—but only a first step—in getting the bill through the legislature. Much more work needs to be done in the upcoming session. However, today was a good start.

SKSR is still looking for a Legislative Chair and a member to serve on the WSSRA Legislative Committee. Please consider volunteering for these positions. They are very rewarding activities.

Finance Committee Report

by Cheryl Bauer, SKSR Co-president

Each year the Finance Committee meets to go over the way our money is invested and spent. On October 18, 2017, Don Denton, Dave Johnson, Erma Snook and Cheryl Bauer met at the new Starbucks at Westgate and assessed the money management for the 2016-2017 year.

When SKSR member Winnie Smith died in 2004, she left a fifth of her estate to our organization. By August of 2009, this fund had \$153,673. It was determined that we would use this money to extend our already-in-existence annual scholarship. Those who apply and continue their education, meeting certain criteria, would continue to get that amount for their second, third and fourth years in college. We have this money invested with Edward Jones. As of August of 2017, the account has \$165,745.

We have given out over \$108,100 during the past nine years.

Because of the steady amount in the account, and generous donations from many of you through the years, we have increased the amount of each scholarship to \$2,000. It’s hard to count the number of students who have been helped over that time.

Many years ago, Sno-King Unit 23 was able to establish a \$30,000 CD for scholarships as needed. Because the interest earned by CDs is so low, it was decided in October 2015 to take the CD and add it



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Record number of grants awarded to active members

by *Virg Rayton, Grants Co-chair*

Each fall Sno-King School Retirees active members are invited to apply for grants of up to \$250 to facilitate special projects they envision to enrich the school experience of students with whom they work.

During these tough economic times when money is tight in school budgets, a few extra dollars come in handy. SKSR enjoys recognizing and rewarding the often unnoticed efforts of our colleagues still “in the trenches” by providing resources necessary to help them feel more comfortable about the job they’re able to do. SKSR invites the grant recipients to be honored guests at our annual picnic on Thursday, July 19, at Edmonds City Park.

This year a record 51 grants are being awarded, amounting to \$9,000. Since we started the program in 1998, we have distributed a grand total of \$70,220.

Congratulations to the following recipients:

EDMONDS

Beverly Elementary-

Pamela Bader, Tanya King-Bazor

Brier Terrace Middle School-

Ellen Winningham

Cedar Way Elementary-Kristi Pihl

Edmonds Elementary-

Catherine Moore

Edmonds-Woodway High School

Karen Rautenberg

Lynnwood Elementary-

Debra Comfort

Madrona K-8-Rebecca Oram

Meadowdale Middle School-

Birgit Albiker-Osterhaug

Seaview Elementary-

Melissa Falleroni, Amy Rust

NORTHSHORE

Canyon Creek Elementary-Ali Airhart,

Rebecca Andrick, Joanne Burkett, Suzanne Ducotey, Ashley

Farner, Mark Mayberry, Lisa

Reid, Karen Rogers, Jenny Ross,

Michelle Vancour

East Ridge Elementary-

Tamra Erickson

Kenmore Elementary-Kerry Quinn

Woodmoor Elementary-

Cathy Kennedy

SHORELINE

Briarcrest Elementary-

Monica Holdridge, Sadrina Dorn,

Carrie Wandler

Brookside Elementary-Erin Collins,

Carrie Misener, Mary Telstad

Echo Lake Elementary-Karen Nichol-

son, Kathryn Pihl, Tani Stenfjord

Lake Forest Park Elementary-

Kimberley Clasen, Riley Kreutzer,

Tami Thompson

Meridian Park Elementary-

Jenny Hillger

Parkwood Elementary-

Rhetta Fisk, Renee Iverson

Ridgecrest Elementary-

Joanna Freeman, Mary Rae

Shorecrest High School-

Veronica Cook

Syre Elementary-Heidi Alexander,

Lori Hashimoto, Jenny Hodgen,

Debbie Hubbell, Taylor Lilley,

Stephanie Martin, Maggie Rock,

Callie Tobiason

2018 Retirement Seminar Schedule

by *Jim Siscel, Retirement Chair*

The Edmonds School District and the Sno-King School Retirees are providing the district’s 2018 Retirement Seminars for Certificated and Classified staff of Edmonds, Mukilteo, Northshore and Shoreline school districts. These seminars are provided for employees and spouses at no cost.

All seminars are held in the Boardroom in the Edmonds School District Administration Building, 20420 68th Avnue West, Lynnwood WA 98036.

Session 1—Thursday, February 15

5:00-5:20pm—Welcome

5:30-6:00pm—The Emotional Side of Retirement

6:10-6:30pm—Retirement Planning

Session 2—Thursday, February 22

5:00-5:30pm—VEBA

5:40-7:00pm—State Medical & Dental Plans, PEBB

Session 3—Thursday, March 1

Washington State Retirement System

5:00-6:20pm—TRS 2/SERS 2/PERS 2

6:30-7:00pm—Deferred Compensation

7:10-8:30pm—TRS 3/SERS 3/PERS 3

Session 4—Thursday, March 8

4:15-5:15pm—Social Security & Medicare

5:30-7:00pm—Solving the Retirement Income Puzzle: D.A. Davidson & Co.

How to begin tracing your roots

by Jim Siscel,
October Program Chair

At our October luncheon, Mary Kathryn Kozy spoke about how we could get started researching our family genealogy.

She told us how to collect all of our own records and how to talk to our family members, starting with the oldest. Next, she said, we need to locate family items such as Bibles, scrapbooks, photo albums and letters that might help. She said that we should educate ourselves about basic research techniques, and we need to understand different types of sources, information and evidence. Some places to search on-line, she told us are Family Search.org; Ancestry.com; and National Archives and Records Administration, www.archives.gov. She recommended that we must be sure to cite our sources when we put the information into our records.

If you are interested in the hand-out she provided, contact Jim Siscel at asjs68@earthlink.net.

Phylis Jorganson, president, and Brenda Sanchez, vice-president, of Sno-Isle Genealogical Society (SIGS) provided a display of what is available for genealogy research at SIGS in Heritage Park, 19827 Poplar Way, Lynnwood, WA 98036. Their website is www.rootsweb.com/~wasigs/index.htm.

Shoreline Superintendent, Rebecca Miner, provided an update on Shoreline School District. She told us that Parkwood Elementary, and Kellogg and Einstein middle schools will be completely rebuilt in the next few years.

The Lse Bistro Restaurant youth staff, led by new Chef John Pence, served a delicious meal to the 51 attendees. A short business meeting followed the speaker, at which the attendees Linda Crowe approved SKSR's annual budget; heard from Bev Smith, NW-1 representative to the WSSRA Executive Board; and learned about the group's future activities.



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 you 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 you 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 page number where you found your name.
 - o Emails/post marks must be on or before December 20.

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

Health news

Let's talk teeth

by Donna Murrish

Excerpts from *Consumer Reports on Health*,
January 2018**Sparkling Water**—good or bad?

“Fizzy drinks such as carbonated plain seltzer, club soda, and unflavored sparkling water are a sugar-and calorie-free way to hydrate.” All these, however, are acidic—ranging from slightly to damaging—and because citric acid is damaging to tooth enamel, should be used in moderation. Fluoridated tap water is still best for your teeth.

As we age, taking care of our teeth can be more challenging as certain dental problems increase.

Plaque Buildup

“As bone recedes, the space between teeth may change, increasing the tendency of food collecting between teeth.” Arthritis in the fingers can make it tough to floss but interdental brushes, floss picks and water picks can help.

Gum Disease

“As gums recede with age, more of our teeth’s root surfaces are exposed.” These root surfaces are less decay-resistant than tooth enamel and more cavities could emerge. Besides daily brushing and flossing, experts recommend rinsing with a fluoride mouthwash (avoid mouthwashes that contain alcohol, however, as they are drying and can contribute to dry mouth).

Dry Mouth

Saliva keeps your mouth comfortably moist and also bathes the teeth, which helps prevent bacteria

buildup. “Age alone won’t necessarily make your mouth drier, but many medications can.” Sipping water frequently, chewing sugar-free gum and avoiding mouthwashes that contain alcohol can help.

Tooth Sensitivity

Do you ever experience a sharp pang when a hot or cold liquid touches a tooth? This could be an early sign of a cavity, so have your dentist check it out. If it isn’t cavity-related, sensitivity can also occur when root surfaces are exposed. Try using a toothpaste or rinse formulated to reduce sensitivity. If one product doesn’t work, try another one.

Brittle Teeth

Wear and tear can make teeth more prone to fracture, especially if they have fillings. Be careful with hard-to-chew foods such as crusty bread. If you are in pain or suspect a fracture, see your dentist as soon as you can. If you wait too long, Mary Jeppesen there is a possibility the damage may be irreparable and the tooth may need to be removed.

Bridge and Implant Problems

“Eighteen percent of adults older than 65 have lost all their natural teeth.” Fixed bridges and dentures may trap food and bacteria, leading to decay. Products called floss threaders let you floss under a bridge. Water flossers also help clean these hard-to-reach spaces.

Don’t delay on problems that cause pain or concern. “Things deteriorate more quickly at 70 than they do at 20,” said James Bader, D.D.S., M.P.H.

(Finance Committee Report, continued from Page 3)

to the Edward Jones account. We are keeping a separate record of the accounts. We also added \$10,000 to the original CD account in early 2017



taken from the year’s budget surplus.

As of September 29, the total in the account was \$208,715, with \$165,745

being the original Winnie Smith money, and \$42,959 being the original scholarship and added CD money. Hopefully, we’ll be able to continue helping students with their college education, producing new educators keeping our public schools strong.

While the stock market is strong now and the fund continues to do well, we know that may not always be the case. To that end, the executive board has stipulated that should the funds decline, we will reevaluate the amount distributed. Look for an article on Page 7 for further explanation.

(see related article, Proposed By-Laws Changes on the next page)

This area contained Membership Updates, which are not saved for the SKSR Website.

Proposed By-Laws changes

by Cheryl Bauer, SKSR Co-president

Explanation of Changes

In SKSR Scholarship Fund By-Laws Article III, Section B, the Executive Board feels that if the SKSR financial situation changes, there should be a process to reduce the level of scholarship money.

In Article III, Section C, the Executive Board feels that if the Winnie Smith Memorial Fund financial situation changes, there should be a process to reduce the level of scholarship money or eliminate the scholarship and notify the recipients of this reduction.

Article IV is a new article that the Executive Board feels is needed for a process to follow if the Winnie Smith Memorial Fund can no longer provide continuing scholarships.

To see the entire SKSR Scholarship Fund By-laws, go to www.sksr.org. If you have any questions or concerns please contact one of your unit officers.

These by-laws changes will be voted on at the February 15th general meeting:

Changes

Article III, Sections B & C, new #2, other sections move up one #

Section B: SKSR Annual Scholarship Fund

1. Remains the same
2. If SKSR cannot maintain scholarships at the current level, the award amount may be reduced to a level that allows SKSR to provide scholarships.
3. & 4. Remain the same.

Section C: The Winnie Smith Memorial Fund.

1. Remains the same
2. If SKSR cannot maintain scholarships at the current level, the award amount may be reduced to a level that allows SKSR to provide scholarships. Recipients will be notified prior to the distribution of scholarships if there is a need to reduce the scholarship amount. If it becomes necessary to eliminate this fund, recipients will be notified prior to the beginning of the school year.

Scholarship By-Laws, Article IV

If the Winnie Smith Memorial Fund reaches a point that the next year's renewable scholarships are not able to be funded, the investment account for the fund will be closed. The money remaining will be transferred to and invested in the SKSR Annual Scholarship Fund.



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



Help us with the *Bulletin*

The deadline items for the next *Bulletin* is **February 13**.

Send news, pictures and other materials to Jo Caldwell: jo@wmea.org—425-218-8434.
Please send us news, pictures, etc., 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* **January 2**, call Marilyn Dauer, 425-774-7445.