

Sno-King School Retirees



May-June 2021

The SKSR Bulletin



A message from your board

What's happening...

by Linda Fitzgerald, chair

Spring is here and it's the season for watery eyes and scratchy throats because of the pollen in the air. The Tulip Festival in the Skagit Valley, after being canceled last year, is back on with all its glorious colors. Our gardens are calling to us and it's a rebirth of the smells of the earth. Ralph Waldo Emerson said,

"The earth laughs in flowers." I hope you all are seeing the flowers and laughing.

Most of us have had our two doses of a vaccine for Covid-19 and we are now looking ahead for travel destinations and hugging members of our family and friends. We have adapted to our new "normal" of still wearing masks and being careful about being in crowds until we're told it's safe not to do those things.

Your SKSR board has been busy for the past year having monthly Zoom meetings. In February, we also had a very successful Zoom general meeting featuring David Buerge telling us about Chief Seattle and his importance to the region as an early leader of Native Americans. We had to cancel our field trip in March as restrictions were still on for group tours. Maybe next year we will finally be able to make our visit to the Asian Art Museum. In April, I hope you had a chance to join us in our Zoom meeting when Marjie Bowker told us about her trip with a delegation from the state of Washington to meet with the Dalai Lama. Marjie is a 1985 graduate of Lynnwood High School and a teacher at Scriber Lake High School in Edmonds.

We also had a successful volunteer project in January, led by Virg Rayton, where we raised money for Kids in Transition. The local non-profit helps needy children in the Edmonds School District.

(chair's message continued on page 3)

OFFICERS

vacant, President
Roberta Hawkins, Vice President
Jan Phillips, Secretary
Tom Hawkins, Treasurer

COMMITTEE CHAIRS

Barbara Berg, Scrapbook
Linda Fitzgerald/Keith Lindaas, Scholarships
Robin Randles, Health
Marlene Johnson, Hospitality
Barb Bumgardner, Sunshine
Karen McElliott, Active Member Grants
vacant, Legislative
Jim Siscoel, Membership/Retirement/Website
Erma Snook, Membership Records
Jo Caldwell, Bulletin Editor

Our next event

Annual Picnic- July 15, Covid willing

by Jan Phillips

Our annual picnic is scheduled for July 15, at the Edmonds City Park.

- An opportunity to get together and visit after our long year inside
- Box lunches (instead of our usual BBQ meat-balls and trimmings)
- Vote for next year's officers
- Meet this year's SKSR scholarship winners

Of course, all of this is dependent upon how the pandemic is progressing. Look for more information as we get closer to the day.

Hope to see you all there!



Request to all members - Action needed!

We need you! YOU make a difference and we are happy that you join us for our luncheons, presentations and field trips. In order to keep all these experiences happening, we need to have leadership for the organization.

For this coming year, we need a president, president-elect and vice president. Our current secretary and treasurer have agreed to continue in their present positions.

We have an extremely supportive board who willingly helps organize our annual events. We need YOU to VOLUNTEER and help keep our organization strong and fully functioning for our more than 1,400 members.

Please contact Roberta Hawkins at rlhawkins@aol.com to let us know which position you would be willing to fill for next year to continue all our efforts on behalf of the membership.

Legislative news

Thank you for getting involved

by Jim Siscel, SKSR Board

At the beginning of the current legislative session, it was realized that we couldn't meet face-to-face with the district legislators who represent many of our members.

Peter Diedrick, WSSRA Legislator Director, developed the idea of "Legislative Buddies," individual members who would contact a legislator from their legislative district. Peter sent a weekly suggested letter covering information currently affecting educational employees that could then be

sent to the legislators. We would like to thank those of you who volunteered to be "Legislative Buddies" for SKSR.

In addition, Peter sent out email letters to all who had email addresses with WSSRA with some *hot information* for everyone to contact their individual legislators. We would like to thank those of you who responded and sent letters or emails to your individual legislators.



We will have a complete end-of-session legislative report in our June/July Bulletin.



Northshore Superintendent Reid honored

SKSR member Michelle Reid, superintendent of the Northshore School District, has been named the 2021 National Superintendent of the Year[®] by the American Association of School Administrators (AASA). The announcement came at the virtual National Conference on Education, hosted by AASA in February 2021.

"This has been powerful affirmation of the strength of our community. It validates the work of so many," said Dr. Reid as a 2021 National Superintendent of the Year[®] finalist. "Leadership is illuminated when there is no clear roadmap to a solution. The superintendency, being highlighted by AASA, illuminates the power and importance of leadership. It matters now more than ever."

Dr. Reid said this really is a team effort and a team award. "I want to thank our community, our students, our staff, our elected board of directors, our families, and our community partners. This is really a great recognition for the Northshore School District and the community at large." She added that she was honored to be among such an impressive cohort of finalists for the award.

(chair's message continued from page 1)

Next year we hope to be back in person helping them fill backpacks with nutritional food. Our board voted in March to also donate funds to assist needy families in both the Northshore and Shoreline school districts.

Karen McElliott led the grant-money project for active educators and ran two rounds to award money for projects that could be used in Zoom school settings. We will continue these grants next year. Active members should watch for the application time near the beginning of the school year. Our annual joint lunch with Sno-Isle at the Sno-Isle Skill Center has been canceled again this year, but we're looking forward to meeting with

them next year after a two-year hiatus.

Planning is now taking place, with Jan Phillips in the lead, for our yearly July picnic at the Edmonds City Park. We have the space reserved; now we wait to see if it is safe to meet in a group. We will send you a notification after our June board meeting to confirm and give you a chance to choose your box lunch. We plan to invite the scholarship recipients and their parents so we can finally meet them in person.

In the meantime—wear your mask, wash your hands, stay away from crowds and, when safe, hug your grandkids!

2021 scholarship announcement

by Linda Fitzgerald

March is scholarship time for our Sno-King Unit 23. Our Scholarship Committee of Keith Lindaas, Linda Fitzgerald, Mary Lynn Potter, Evie Nordeen and Diana McQuay met via Zoom to choose our awardees for this next school year. Our candidates were again top-notch and will make wonderful educa-

tors! And through the generosity of former member Winnie Smith, who left our unit money in her will, we will be able to offer each of these students an additional three years of financial help, as long as they continue with their present goals.

Because of the pandemic, we have again canceled our Scholar-

ship Luncheon but honored our awardees at our April 15th Zoom membership meeting. We have also asked the students and their parents to join us July 15th at the Edmonds City Park for our annual picnic. We hope that you will come to the picnic and support these fine students.



Charlotte Appel will be attending Luther College and is totally into music. Her goal is to be a high school band director and her time at Meadowdale High School has helped prepare her. The band room environment created by her teacher, Robert Rutherford, has become a safe place for her. She is Senior Drum Major of the Meadowdale Pep Band, and has been a mentor for the Edmonds School District All-Girls' Honors Jazz Ensemble, president of the Rainbow Girls, president of the math club and a member of the WMEA All-State Concert Band. In her spare time, she has worked and saved money for college.

Mr. Rutherford said, "Charlotte's work ethic and dedication to her goals guarantee her continued success."

Another Meadowdale High School student, **Nicole Brunette**, has chosen Western Washington University for college and will pursue major in a math education.

Nicole has had a different journey to reach this point in her life as she was born in Russia. Her very young birth mother gave her up for adoption and, after time in an orphanage and an unsuccessful adoption in Russia, she was adopted by a single mother in America. A trip back to Russia with her mom a few years ago gave Nicole a chance to meet her birth mother and four siblings. This trip opened her eyes to the advantages she has here and has made her determined to help others through teaching.

At Meadowdale High School, Nicole has excelled in both golf and basketball and has been chosen to be in leadership positions in both. Her teacher said that she is "no doubt destined for greatness."



Member Information Updates

Deceased

Roberta Adams, March 2021,
Northshore Member since 2002
Katie Sherwood, March 2021,
Edmonds, Member since 2008

New Members

Cole, Theresa* Pankiewicz-Dreimiller, Sharon
Holzman, Gerard *= active member



Gavin Dalziel will be continuing his education at Linfield University after graduating from Shorecrest High School. In college, Gavin plans to continue his love for sports that has seen him excel in both football and soccer in high school, with leadership positions on both teams. Gavin has also been involved in band and worked with Special Olympics Soccer as a team partner.

His excellence in the classroom, though, is what sets him apart from others. One of his teachers states that he is “an especially strong student in the classroom with an enviable work ethic.”

Gavin comes from a family of educators and wants to continue this tradition as a physical education teacher.

Santa Clara will be the next educational home for **Sofia Leotta** from Inglemoor High School. Sofia is a full-time International Baccalaureate student and wants to continue with rigorous academic work.

To say that Sofia cares about the environment is an understatement. She has dedicated her life to environmental causes including Earth Corps, Inglemoor EuroChallenge Group, Sustainability Ambassadors, AgConnection, and ProjectFeed. She has worked as an Education Project Manager Intern for Sustainability Ambassadors, been an intern for Foundry10 Research, and been an intern for Green Jobs for Port of Seattle. She wants to continue with her passion for the environment and sustainability in college and earn a degree that would help for a career in the field of education, teaching youth about environmental systems.



As you can see, we have found four excellent students for our Sno-King School Retirees’ Scholarships!

Chief Seattle explained

by Roberta Hawkins, SKSR Board

On Thursday, February 18, at 1:00, SKSR hosted a virtual program presented by David Buerge and sponsored by Humanities Washington. The topic was *Who Was Chief Seattle?* We had a large registration of over 100 with 64 actual participants.

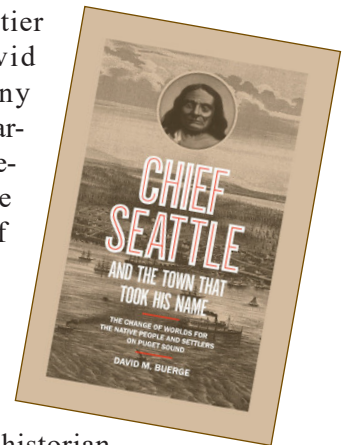
One thing viewers learned about Chief Seattle (note the spelling) is that because English speakers could not replicate the sounds of the native languages, they could only try to write down the name they thought they were hearing. The untechnical version of the story says that as a result, the name Seattle with the “tt” sound in the middle is what they could write down. More information about that issue and about “Seattle’s” involvement in the development of the area from Suquamish to present-day Seattle was the focus of the program.

The presentation provided an interesting view of the community-building activities of Chief “Seattle” and its over-all impact on how Seattle

emerged as a frontier community. David Buerge made many references to local areas such as West Seattle, Pioneer Square and Elliot Bay—all of which had importance in the early activities and growth of Seattle.

S p e a k e r
Buerge is both an historian and a story teller who drew a clear picture of Chief “Seattle.” More of that story is presented in his book, “Chief Seattle and the Town that Took His Name,” published by Sasquatch Books. It is the first biography of Chief “Seattle” intended for adults.

We recorded the program, and it is available on our SKSR website at sksr.org under the Special News page. Be sure to take a look.



Health news

Mediterranean-style diet breakfast ideas

by Robin Randles. Health chair

The Mediterranean diet is a heart-healthy eating plan. This way of eating is based on the traditional diets of the countries bordering the Mediterranean Sea like Italy, Greece and Turkey. This diet is high in vegetables, fruits, whole grains, beans, nuts and seeds, olive oil, fish and seafood, moderate portions of dairy products and smaller amounts of lean protein, like poultry. Red meat is eaten only occasionally.

There is no specific meal plan or portion size. The foods are used as a guide to promote healthy eating choices.

Healthy fats are a mainstay of the Mediterranean diet. Olive oil, nuts and seeds contain monounsaturated fats. These fats have been known to lower cholesterol levels. Fatty fish, such as herring, tuna, sardines, salmon and lake trout, are rich in Omega-3 fatty acids that help decrease triglycerides and decrease the risk of stroke and heart failure.

Starting your day with a Mediterranean-style breakfast is nourishing and satisfying. Rather than skipping breakfast, having a heart-healthy start to your day is easy to accomplish. It can be sweet or savory or just a twist to your daily breakfast routine. Start off your day with good health and delicious food.

Breakfast ideas Mediterranean style

- Scrambled eggs with onion, peppers, mushrooms on a whole grain tortilla
- Greek yogurt with berries and nuts
- Muesli or granola with yogurt
- Peanut butter and banana on whole grain toast
- Whole grain pita with hummus, cucumber, spinach and tomato
- Avocado and egg toast
- Savory Spanish oatmeal with Chorizo and red pepper sauce
- Fig and ricotta toast
- Avocado, banana, date and spinach smoothie

Overnight Oats Recipe

Make up to 4 jars at once to keep in the fridge for quick, grab-and-go breakfasts throughout the week.

Ingredients:

- ½ - ⅔ cup coconut milk, nut milk or cow's milk
- ½ cup old-fashioned oats (avoid instant, which can turn mushy)
- 1 teaspoon maple syrup, honey or agave syrup
- Pinch of salt (optional)
- 1T hazelnut spread (optional)

Directions:

Combine milk, oats, maple syrup and salt in a pint-sized jar and stir. Cover and refrigerate overnight.

Just before serving, top with a sliced banana, blueberries or your favorite fruit and crushed hazelnuts or your preferred nuts.



EVEN AFTER YOU'RE VACCINATED...

WEAR YOUR MASK

WASH YOUR HANDS

WATCH YOUR DISTANCE

From WSSRA

NW-1 Coordinating Council report

by Rita Requa

Twenty-three people attended the NW1 Zoom meeting on March 8. Closed Captioning was available with Zoom and appreciated by those who have a hearing loss.

WSSRA Executive Director Alan Burke updated the group about the 2021 annual meeting, which is scheduled for June 3-6 in Pasco. It is possible, due to COVID-19, that the meeting may be a hybrid. The other possibility is a virtual meeting with business, which must be done in June, i.e., budget, election of officers, amendment changes to Bylaws and Policies of the organization. After WSSRA's April Board meeting, more definite plans will be in place. At the time of this publication, three Bylaws amendments and one policy amendment will be presented to the WSSRA Board, which will give either a *Do Pass/Do Not Pass*/or *No Recommendation* to the assembly.

The recent WSSRA Retirement Planning Zoom meeting was very successful with 1,700 attending. It is highly likely that another retirement planning Zoom session will be scheduled in April; one two-hour meeting with DRS and the Health Care Authority and another one-hour meeting with Social Security and a Q & A session.

To date, the WSSRA legislative priorities have a mixed success rate. Maintaining the \$183 health-care subsidy and the full pension payment are okay. Two of our issues—one-time early retirement and reopening PEBB are “dead.” We must remember to remind our legislators that the 2020 Plan I COLA was only for one year and “doesn’t make up for the past decades of no Plan I COLA.”

Reports were given by Board Representative Kay Bishop and Foundation Chair Marianne Harvey. The selection of scholarship recipients is the focus of Kay Bishop and volunteer readers. Marianne reminded all to start planning for the Foundation fundraising events: baskets and silent-auction items.

All NW 1 units have used Zoom for meetings. Units continue to make donations to various charities, which include local museums, library systems and food banks. Details of those meetings will be found in the next *WSSRA Journal*.

Thanks were given to Jim Siscel for his service as chair of NW1 this year. Next year's NW1 chair and will be named by the Whatcom County unit.



Helping our Northshore and Shoreline families

Last fall your board, used some of our discretionary funds to make a \$500 donation to Washington Kids in Transition, an Edmonds School District organization. At our March board meeting, we decided to use some more of our discretionary funds for Northshore and Shoreline school districts' organizations.

We made separate \$500 donations to the Northshore Schools' Foundation *Basic Needs Aid Fund* to help families in crisis and to the Shoreline PTA Council's *The Works*, which provides free, high-quality, gently used and new children's and teen clothing to Shoreline School District families.



Roberta Hawkins presents a check to Amy Reed, Shoreline PTA Council Co-President. A check of equal amount was also given to the Northshore Schools.



Help us with the *Bulletin*

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

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 Barb Bumgardner, 206-364-8413.

With the current conditions, there will be no group foldings and preparations for mailing of the *Bulletin*.

After we are back to "normal" we will resume that process.