

# Sno-King School Retirees



May-June 2023

## The SKSR Bulletin



A message from your board

### **What's happening**

*by, Cathy Webb, chair*

Spring arrived, but drippy skies and chilly temperatures continue to dampen my enthusiasm and fuel my desire for warmer weather. A welcome bright spot was SKSR's return to in-person events and in-building activities this year! It's been a joy to serve as our unit VP with opportunities to meet members, join NW-1

meetings, distribute grant funds to teachers and programs, share info at retirement seminars, and participate in our field trip and state convention. Thank you for this opportunity.

### **New treasurer**

I'm delighted to welcome and thank Jennifer Altena as she stepped forward to serve as our incoming treasurer. A huge heartfelt thank you to Tom Hawkins who retires from this role at the end of June. We continue to seek a willing member to lead our unit as president.

### **Our accomplishments this year**

As we come to the close of this year, we reflect on our SKSR accomplishments. We awarded more than \$10,000 in teacher grants and \$1,500 to district programs that support under-served students. Top-notch informative programs were featured at our monthly events. Our field trip program returned with an engaging visit to the Seattle Asian Art Museum. Our hands-on service project where members will package art supplies for the Washington Kids in Transition summer program is scheduled.

Others noticed these activities, too! Jim Sisco announced our selection as the Washington Association of School Administrators

*(chair's message continued on page 9)*

### **OFFICERS**

*vacant*, President  
*Cathy Webb*, Vice President  
*Jan Phillips*, Secretary  
*Tom Hawkins*, Treasurer

### **COMMITTEE CHAIRS**

*Barbara Berg*, Scrapbook  
*Linda Fitzgerald/Keith Lindaas*, Scholarships  
*Robin Randles*, Health  
*Virg Rayton*, Community Service  
*vacant*, Hospitality  
*Barb Bumgardner*, Sunshine  
*Karen McElliott*, Active Member Grants  
*vacant*, Legislative  
*Jim Sisco*, Membership/Retirement/Website  
*Erma Snook*, Membership Records  
*Jo Caldwell*, Bulletin Editor

Our next event  
**May 18 luncheon**

by Barb Bumgardner

There is still time to sign up for our...

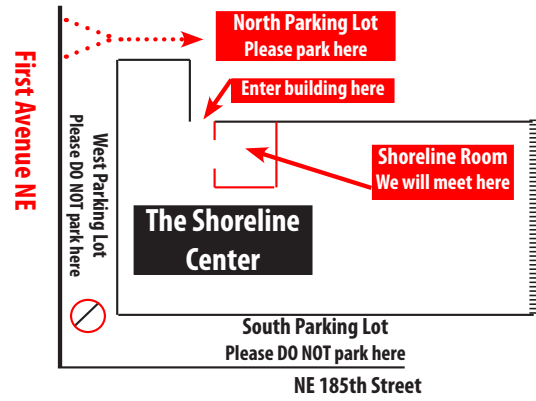
- **Spring Luncheon**
- **Thursday, May 18th, at 11:00**
- **At a NEW location: The Shoreline Room at the Shoreline School District Conference Center 18560 1st Ave. NE, in Shoreline**

Doors open at 11:00 AM for a meet-and-greet opportunity.

Lunch will be served at 11:30 AM.

Chef Dane will cater our lunch, which will consist of Shepherd's Pie (ground beef, peas, carrots topped with mashed potatoes), mixed green salad (roasted grapes, cucumber, sunflower seeds, honey herb dressing), roasted vegetables, Focaccia bread, cookies and coffee. The **cost is \$5 for members and \$10 for guests**, payable at the door.

- **RSVP by MAY 11 to Barb Bumgardner**, [barbbumgardner@gmail.com](mailto:barbbumgardner@gmail.com), or call 206-364-8413 (you can leave a message) if you would like to attend.



**Park in the North Parking Lot at the NORTH end of the complex.**  
**Enter the North Entrance to the Shoreline Room at this end of the building.**  
**Do NOT enter the MAIN ENTRANCE on First Ave NE by the West Parking Lot.**



Following lunch, we will enjoy a presentation by **former NASA Astronaut, Dottie Metcalf-Lindenburger**. She wrote the following on her Facebook page on April 5, 2023: *Dreams are worth working and waiting for. In April 1990, I attended Space Academy. I was so inspired, I came home and built a model of Discovery. (It launched in April 1990, carrying Hubble as its payload.) After studying and teaching high school Earth Science and Astronomy. I was selected as an astronaut (2004) and Flew on Discovery (April 5, 2010).*

Our next event  
**Annual picnic—July 20**

by Jim Siscel

Mark your calendars for our summer event

- **Thursday, July 20th**
- **Edmonds City Park**
- **11:30am Meet and Greet**
- **Lunch served at 12 noon**
- **Watch for the box-lunch menu in the next *Bulletin*.**

**Active Members and Grant Recipients:**

This is an opportunity for all members to visit with each other and for our grant recipients to share how they used the money they received to enhance the learning in their classrooms.



Legislative update

## From the last week of the legislative session



*Information from WSSRA Legislative Director, Peter Diedrick*

April 12 was a major deadline and milestone for WSSRA’s legislation. HB 1008 to improve Plan 2 access to PEBB retiree insurance passed the legislature. HB 1056 to ease return-to-work rules passed with a technical amendment. The Plan 1 COLA passed the House before the deadline as well. The COLA bill, SB 5350, will be part of the final budget negotiations happening this week.

This legislative session is almost over. Legislators are scheduled to adjourn on Sunday, April 23. Next week’s report will be an end-of-session summary.

**Here is the bill status sheet:**

- Senate Bill 5350, Plan 1 COLA: Passed State Senate 48-0. Passed House of Representatives 98-0. Sent to a conference committee to negotiate differences.

- Medicare Eligible Healthcare Benefit: Funded in all budget proposals.
- House Bill 1008, Plan 2 PEBB Deferral Bill: Passed Legislature! To Gov. Inslee for signature.
- House Bill 1056, Minimum 867 hours for PERS, TRS, & SERS: Passed the House of Representatives 93-0. Passed the Senate 48-1. Referred back to House for Concurrence.
- Senate Bill 5294, Reducing TRS 1 and PERS 1 Pension Payments: Passed Senate 48-0. Passed House 98-0. Part of final budget negotiations. This bill has been amended and is less concerning than its original form.

*Information from Tim Knopf, WSSRA Legislative Committee*

As you’ see in Peter’s message above, several things went the right way at the very last minute. One of our lobbyists declared 2023 to be **“probably our most successful session ever.”**



That lobbyist attributed our success to the many retirees who wrote to legislators, either individually or through *Voter Voice*. He said that a number of legislators “really heard us” this session. In the House there was an effort to amend the COLA bill to include a 2024 COLA and another for a permanent COLA.

I believe that this proves that we must be more active, more numerous and better organized going into next session. I understand how frustrating this is; for me it’s been the same thing for 13 years!

If you have friends who are Plan-1 members and are not be involved in our efforts (we all do), tell them why they should be. We need them!

**April 20 update from Peter Diedrick: There is some pleasant news to share! The House of Representatives relented and passed the Senate version of the Plan 1 COLA (SB 5350). It has the Senate / Conway language we requested. The final House vote was 98-0.**

### Printed Bulletin vs E-mail Bulletin

We send out about 320 printed *Bulletins* each issue; we email about 1075 *Bulletins* each issue. Because of increased paper costs, our printed *Bulletin* costs have doubled.

We know that some like to have a printed Bulletin to read. There may be those out there who would be willing to read an emailed *Bulletin*, but

we do not have your email.

If you would like to receive the publication at least a week earlier, see the photos and other items in **color**, and if you would be willing to receive the *Bulletin* via email please contact Erma Snook, [egsnook@comcast.net](mailto:egsnook@comcast.net) or 425-776-2067 and ask to be changed to the email distribution list.

Scholarship update

## SKSR awards four scholarships

by Linda Fitzgerald, Scholarship co-chair

It's scholarship time for the seniors in our schools. Four new scholars have been selected to receive \$2,500 scholarships for the 2023-2024 school year. Our Scholarship Committee—Keith Lindaas, Linda Fitzgerald, Mary Lynn Potter and Virginia Low—met on March 30 to select the recipients from submitted applications.

### Marin Cady

is graduating from Shorewood High School. Her goal is to teach middle school history with a social justice focus after receiving her degree from Lewis and Clark College.

Marin plays softball with her school team and also year around with her select team. She has been a violinist with the Shorewood Symphony Orchestra for all four years and a member of Tri-M Honor Society for the last two. Her desire to be a teacher has been solidified by tutoring other students, both at school and at church, since ninth grade.

Marin's teachers praise her in their letters of recommendation. One teacher writes, "Marin is a brilliant, creative student" who "writes astonishing analytical essays that stand above the work of her peers."

We will be watching Marin continue to grow and succeed in the next four years.

Also from Shorewood High School is **Sophia Calandrillo**, who plans a teaching career after receiving her degree from UCLA. While at Shorewood, Sophia has run cross country and track, been president of the National Honors Society and co-president of Interact Club, which is sponsored by Rotary International. Her involvement in Interact includes several



community projects and fundraisers, such as a clean water project and a coat drive for Shoreline PTA Works. Sophia has shared her time with several different tutoring programs, one of which she founded as a sophomore. Some of this tutoring is remote and some is in person; all of this leads directly to her desire to be a teacher. Sophia is also a member of the Northwest Youth Harp Ensemble, which she joined at age eight.

All of her accomplishments are especially noteworthy when you learn that her family of six was involved in a near-fatal auto crash in August of 2021, which left all of them injured. Her parents missed work for extended periods of time, and Sophia had multiple surgeries on her hands. Her teachers expressed amazement as to how she was able to continue to excel in their classes during this time. One says, "She has elite-level cognition, writing, reading, and argument skills," and with her injuries, "she managed to write more than every other student in class" on an in-class assignment. Sophia is working hard toward her goal to become an outstanding teacher.



### Becca Hershey,

who is graduating from Edmonds-Woodway High School, is a full International Baccalaureate Diploma Candidate, who is planning to continue her education at Gonzaga University. Becca, being the child of two educators, has always wanted to be a teacher and shape the

lives of another generation of students. She experienced the community that being an educator brings when her father, a teacher and coach at Shorewood

*(scholarships continued on next page)*

*(scholarships continued from previous page)*

High School, passed away last year. Becca saw the support that was given to her family during this time by the entire Shoreline community, and she is eager to be a part of this culture.

Becca has demonstrated her leadership skills by being the captain of both her track-and-field team and her swim-and-dive team. She has been employed to work with children playing soccer by both Kidz Love Soccer and the Edmonds School District as a Move 60! assistant instructor. She now is working as a swim instructor at a swim club. Her teachers speak of her integrity and work ethic, and also of her willingness to assist other students in class and help with projects, such as campus clean-ups. Becca is a leader at Edmonds-Woodway; those skills should serve her well at her future university and in life.

**Sara Lawson**

will be graduating from Inglemoor High School in June. Sara’s educational goal is to pursue a bachelor’s degree in Special Education and Elementary Education from Boise State University. During her junior year, she participated in the Northshore School District’s Careers-in-Education program at Bothell High School. During the class’s required six-month internship, Sara spent her time at Maywood Hills Elementary where she devoted more time than required with her mentor teacher, expanding Sara’s knowledge and hands-on skills in the classroom.



Outside of the classroom, Sara was elected as sophomore class secretary and as a representative for her junior and senior classes. She has also been involved in Inglemoor High School’s gymnastics team, where she served as co-captain. She is working as a coach for recreational gymnastics at Seattle Gymnastics Academy. She would like to continue in coaching while she is teaching, as it is her love for gymnastics that has led her to the teaching profession. She is eager to begin her journey of becoming a teacher.

On a personal note, Sara is a triplet whose parents will be sending all three to college at the same time!

Our previous event  
**March trip to the museum**

by Karen McElliott



SKSR members listen as Docent Suzanne Ragen describes the Moon Jar in the display case to her right.

On Friday, March 24, 2023, SKSR members were treated to a guided tour of the Seattle Asian Art Museum. Docent Suzanne Ragen led the group on an hour-long tour, highlighting a number of works as well as elements of the museum’s recent renovation. Her knowledge of the pieces added greatly to the group’s enjoyment. Afterward, everyone had time to explore the building and its collection on their own.

This tour had originally been scheduled for March, 2020, shortly after SAAM had reopened from a three-year closure during which it underwent a \$56 million renovation. Sadly, two weeks before that scheduled tour, everything closed because of COVID. Being able to hold this event means that SKSR has now resumed all the activities and projects that it offered pre-COVID.

**Member Information Updates**

**New Members**

- |                     |                     |
|---------------------|---------------------|
| Christine, Linda *  | Marriott, Elizabeth |
| Corral Jafeet *     | Morgan, Lynda       |
| Davidson, Kelly *   | Mosman, Karen       |
| Hlavka, Diana       | Nixon, Gretchen *   |
| Lee, Norma          | Shin, Janet *       |
| Levinson, Cassidy * | Tamez, Jorge *      |

\*=active member

**Deceased**

- Carol Anderson, 4/2023, Member since 1995.  
 Betty Roggenkamp, 3/2023. Member since 2011.

Grants for active educators

# Putting grants to use for students

by Karen McElliott

Lake Forest Park kindergarteners show off the books that librarian Frank Kleyn purchased to help build social emotional skills through literature.



Rhonda Okazaki's fourth-grade students at Lake Forest Park Elementary show off their new science novels. Okazaki said, "I was able to get a wide variety to meet the interests of my students and...each student chose a book to begin reading. They were so excited for all the options."



**To see additional photos of this year's recipients and their grants, go to [sksr.org](http://sksr.org) and click on *Grants* and then *2022-2023 Grants*.**



Amber Shelley, P. E. teacher at College Place Middle School, shows off the floorball stick set that she purchased with her grant.

Kimberly Clasen, Riley Kreutzer, and Tami Thompson, fifth-grade Lake Forest Park teachers, used their grant money for transportation to the Brightwater Sewage Treatment Plant.

Tami said, "We used the money to take a fabulous trip to Brightwater. Students took a tour, learned the steps of sewage treatment and how to keep our water clean. They also got to do some cool hands-on experiments.

Thank you so much for funding this opportunity!!"



Tami Thompson's students examine paper samples which have been grabbed by the plant's filters.



Riley Kreutzer's fifth grade students gear up for their guided tour of the Brightwater Sewage Treatment Plant.

*(grant update information continued on next page)*

*Jim Siscel presents Carrie Misener of Brookside Elementary with her grant certificate. A photo of Carrie's third graders with their new graphic novels appeared in the Mar/Apr issue of the Bulletin.*



*(grant update information continued from previous page)*

*Karen McElliott presents Matt Grover, fifth grade teacher at Hilltop Elementary, with his grant certificate to purchase novels for a genre study.*



*Lake Forest Park students prepare to watch a performance of The Lightning Thief at Shorecrest High School. Britt Harris, Lake Forest Park office manager, used her grant to help purchase tickets and pay for transportation.*

## Washington State Health Care Authority

### Retirees will see more self-service enrollment options under new *Benefits 24/7*

The Health Care Authority (HCA) is introducing a new online enrollment system called *Benefits 24/7*. Anticipated to go live in May 2023, *Benefits 24/7* will integrate online account access for subscribers from the Public Employees Benefits Board (PEBB) and School Employees Benefits Board (SEBB) Programs into one platform to allow for streamlined support and maintenance. Additionally, this system will expand upon the current functionality that *PEBB My Account* provides.

Specifically, retiring employees and retirees will be able to use *Benefits 24/7* to:

- Request to enroll in or defer retiree coverage.
- Request to enroll in PEBB continuation coverage.
- Make plan changes during open enrollment.
- Upload proof of Medicare and qualifying coverages.
- Submit special open enrollment requests.

- Add or remove dependents during open enrollment and manage their enrollment throughout the year.
- Upload documents to prove dependent eligibility.

You can find an announcement about *Benefits 24/7* on HCA's website, as well as information specific to PEBB members and SEBB members.

We're excited about the upcoming changes that *Benefits 24/7* will provide our retirees, and will be sharing more information with you and PEBB and SEBB members on these webpages and through other means in the coming months.

**Ellen Wolfhagen**

Senior Account Manager

Washington State Health Care Authority

Office: 360-725-1039

[hca.wa.gov](http://hca.wa.gov) |

Health news

## Health benefit of beans

by Robin Randles

**B**eans are packed with fiber and protein, which are key nutrients for aging well. They are the only food that counts both as a protein and a vegetable. Beans are an affordable protein source, as well.

### Nutritional benefits

Beans are rich in vitamins and minerals, such as calcium, iron, potassium, and magnesium. Because beans are high in minerals, protein and fiber, beans have been shown to naturally help reduce blood pressure, improve high blood cholesterol and lower the risk of type-2 diabetes.

You get about eight grams of protein and seven grams of fiber in just a half-cup of cooked or canned beans. The amount of fiber is important because most Americans don't get the recommended 25 to 38 grams of fiber each day. Fiber helps keep you regular and seems to protect against heart disease, high cholesterol, high blood pressure, and digestive illness. One study published in *The American Journal of Medicine* suggested that a higher fiber intake might lead to better cognitive function in older adults.

Beans also have antioxidant compounds called flavonoids. These compounds protect against cell damage that leads to heart disease. Flavonoids are most concentrated in the coating of the bean, where they provide the pigment. Darker-colored beans have more antioxidants.

### Varieties of beans

All beans are good dietary choices, but it is good to eat a variety. Black beans and red kidney beans have

more antioxidants; navy beans supply calcium; lima beans have loads of potassium; soybeans and lentils are rich in iron. Black beans are also a good source of magnesium. The latest dietary guidelines from the American Heart Association recommend eating five ounces of beans per week.

Beans are naturally low in sodium; however, many brands add extra salt to their canned beans. You can rinse off some of the salt with water after you open the cans. Check the labels on canned beans. Look for brands (such as Westbrae) that are natural and organic.

Westbrae also sells a "no-salt added" variety of beans.

There are many kinds of dry beans that need to be soaked and cooked before eating. One interesting brand of dry beans is Rancho Gordo. Rancho Gordo Heirloom Beans "tend to have a lower yield and can be much more difficult to grow, but the payoff is in the unique flavors and textures that you don't find with bland commodity beans."



### Additions to meals

Beans are easy to add to your diet. They are good in soups, chilis and salsas. Mix beans into green and pasta salads. An easy way to eat beans is to puree any type of bean with a little garlic, olive oil and your favorite spices to make a dip. With a little creativity, you can add beans to almost any meal.

Whether canned or dried, eaten alone or mixed in a salad or soup, beans are a great source of protein and fiber—and they are one of the best heart-healthy additions you can make to your meals.

## WHY DO I LIKE RETIREMENT?

Q: How many days in a week?

A: Six Saturdays and one Sunday

Q: How many retirees does it take to change a lightbulb?

A: Only one, but it may take all day

Q: When is a retiree's bedtime?

A: Two hours after falling asleep on the couch

Q: What's the biggest gripe of retirees?

A: There's not enough time to get everything done.

Q: Among retirees, what's considered formal attire?

A: Tied shoes

Q: Why don't retirees mind being called seniors?

A: The term comes with a 10% discount.



from WSSRA

## NW-1 Coordinating Council Report

by Jim Siscel

Nine SKSR members met for the March 20th NW-1 meeting in-person in Mt. Vernon and via Zoom.

### Executive Director's report

WSSRA Executive Director Alan Burke told those in attendance about the plans for the June WSSRA Convention in Pasco. He spoke about the current DRS webinars. These webinars will be posted on the WSSRA website under Webinars at the top of the Home Page. He spoke of previous AARP webinars that people have enjoyed and the desire to add more in the future. The past webinars are listed at the same location as the DRS webinars. There was discussion about the health-care changes that may be coming forward this fall. He indicated that the PEBB is listening to what our retirees want for health care.

### Other reports

Kay Bishop, NW-1 representative to the WSSRA Executive Board, gave a summary of the last Executive Board meeting and indicated that NW-1 units have been very active. She said that NW-1 has received 30 scholarship applications for WSSR-Foundation Scholarships.

Marianne Harvey reported that the WSSR-Foundation has moved the funds to non-managed Vanguard Funds; this will save \$15,000 a year that can be used for scholarships. The scholarship applications can now be filled out on-line. She said that if a WSSRA member were to transfer a required minimum distribution directly to the Foundation, it would be non-taxable.

Rita Requa reported that the State Rules and Resolutions Committee has worked very hard to update the WSSRA bylaws and policy documents. We will be voting on the suggested bylaws at the convention in July. The suggested changes will be in the next WSSRA Journal.

The group nominated Kay Bishop for President-Elect of WSSRA and Ken Harvey for NW-1 Representative to the WSSRA Executive Board.

*(chair's message continued from page 1)*

Community Leadership Award winner for 2023 at the April board meeting. Details and pics to come!

### For the remainder of the year

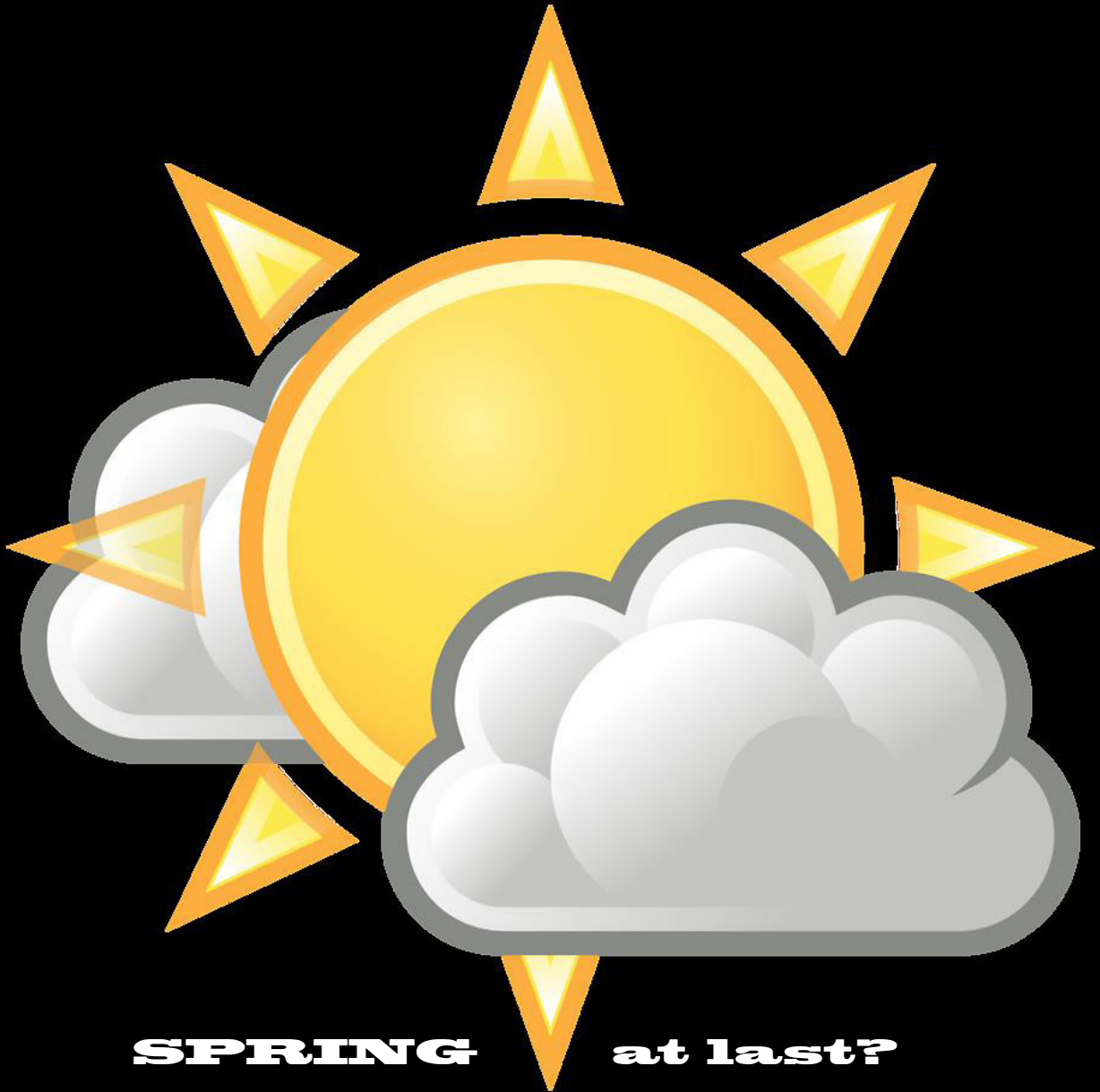
The final two months of this year continue to provide engaging opportunities. In May we're going into space with NASA astronaut, Dottie Metcalf-Lindenburger. Seven members are set to represent SKSR at the June state convention in Pasco. We'll culminate our year with the annual summer picnic event at Edmonds Park in July. Don't miss the opportunity to catch some sun and enjoy the fun.

Although our unit activities wind down over the summer, major benefits to belonging to WSSRA and SKSR are the readily available online resources. Find SKSR board meeting minutes, an archive of *Bulletins*, pictures of member trips, legislative information and more by typing sksr.org into your browser. Informative webinar videos, insurance and health info, convention highlights, and more can be accessed through wssra.org.

### An invitation to get involved

I want to invite you into the joy I've experienced in leadership with SKSR. Our annual planning retreat is scheduled for August. This is your opportunity to start fresh, get involved, and contribute to the vision of this vibrant, award-winning unit. There are ample tasks to fit everyone's interests and skill sets. We need and welcome your ideas and expertise! You'll discover the joy of collaboration and accomplishment. Ask any board member for more information.





## Help us with the *Bulletin*

The deadline 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](mailto:egsnook@comcast.net), or call 425-776-2067.

If you know of illness, please call Sunshine Chair Barb Bumgardner, 206-364-8413.

We have resumed our regular schedule of preparing the *Bulletin* for mailing.

To help with preparing the next *Bulletin* for mailing on **May 1, 2023**,  
call Robin Randles, 206-542-6428.