

Sno-King School Retirees



July-August 2016

The SKSR Bulletin



A message from our coordinator

Busy days ahead even in summer

by Cheryl Bauer

With the advent of summer, we often take things a little easier and hopefully enjoy vacation time with family and friends. There really isn't much break for your SKSR leaders. Those of us pictured below attended the WSSRA convention in Yakima during the first part of June. We'll be meeting the first part of July to plan the July

20 picnic at the Edmonds City Park. And, in August, the executive board will meet for several hours at our annual retreat to plan for the next year. "No moss will be growing under our feet."

With the next year already in mind, I'd like to remember this past year, and take this opportunity to thank all of those people who have served with me on the executive board, all those who have attended the various functions and all those who have called and shared comments and ideas with me. Sno-King School Retirees is a growing organization, and one that can always use new faces and new ideas. We look forward to welcoming the new retirees at the picnic and at other activities in the coming year.

OFFICERS

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

COMMITTEE CHAIRS

Barbara Berg, Scrapbook
Linda Fitzgerald/Keith Lindaas, Scholarships
David Johnson, Scholarship Finance
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



SKSR delegates to WSSRA convention: Evie Nordeen, Rita Requa, Roberta Hawkins, Cheryl Bauer, Donna Murrish, Virg Rayton and Tom Hawkins.

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SKSR Board Meetings

All board meetings are held at the Edmonds School District ESC at 1:00 PM

July 14



Our last meeting

Peace Corps Luncheon

by Evelyn Nordeen

The annual joint meeting of Sno-Isle and Sno-King units was held May 17th in Le Bistro at the Sno-Isle Technical Center. This year Sno-Isle hosted and chose the theme “Around the World with Peace Corps.” Three speakers with their visual aids contributed to a fascinating program.

As anticipated, the meal was fabulous. The student chefs were encouraged to share about their contests, awards and future education dreams. Bravo to these great culinary students and their proud teachers!

At the end of the luncheon, SKSR attendees held a very brief meeting to elect the officers for next year. The following people have agreed to serve: Cheryl Bauer, president; Roberta Hawkins, vice president; Jan Phillips, secretary; and Tom Hawkins, treasurer. Be sure to give them your encouragement and support.

Our next special event

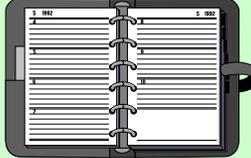
July 20 is Picnic time

by Cheryl Bauer

As this is the second article regarding this annual event, I certainly hope everyone has it marked on their calendar. The date is Wednesday, July 20, at the Edmonds City Park. The cost is \$5.00, which is used to offset the cost of the picnic fare: meatballs, salads, desserts and lemonade.

We meet and greet starting at 11:30 with the food being served at 12:00. We will hear from some of the grant recipients, have a raffle to raise funds for the PAC committee and meet the new WSSRA President, Rick Nebeker. Newly retired members get in free and have a chance to see who else has joined the retirement ranks. And, I mustn't forget the installation of the new officers for the coming year.

Please contact Donna Murrish at donnamurrish@comcast.net or 206-363-5753, or Cheryl Bauer at bauerc1@frontier.com or 425-244-1709. Your attendance lets us know that you value the time and effort your executive board spends providing this event. I hope many of you will honor that effort by attending and sharing the time with us.



MARK YOUR DATEBOOK

Coming Events for Sno-King School Retirees

July 20.....	11:30
Picnic.....	Edmonds City Park

The 2016 Yakima Convention

by Cheryl Bauer

What a HOT, fun time we had. Seven of us made the journey to Yakima and attended the 69th Annual Washington State School Retirees Convention. We had great meals, heard lots of information regarding the upcoming legislative session, and met old friends from previous conventions. I even got a chance to visit with a teacher I had in high school. What fun!

(Convention attendees are pictured on page 1.)

Our Legislature in action

Political savvy for this year

by Rita Requa

PRIMARY ELECTION: AUGUST 2

All of the incumbents in the 1st, 21st and 32nd Legislative Districts are running again. In my contacts with them for the last three years, all have always been supportive and helpful of WSSRA goals. All of the legislators have some kind of opposition, both Democratic and Republican. There are two open seats in the 1st District. With the retirement of Rosemary McAuliffe, Luis Moscoso (presently 1st District Representative, Position 2) is a candidate for the State Senate; therefore, the House seat is open. Voter registration deadline is July 4. Ballots will be mailed July 13. Don't forget to vote!

ELECTRONIC TOOLS

If you want more info about the candidates, go to the secretary of state website: sos.wa.gov and click on "Candidates Who Have Filed." Scroll down to find your Legislative District, which lists the candidates, their mailing address, phone number and email address.

At the WSSRA convention in early June, delegates received valuable information on the use of the Washington State website. Washington State has "the best and most transparent website," according to WSSRA lobbyist Scott Nelson. Go to access.wa.gov, and explore the many topics available. If you go to "Government Agencies," click on "State Legislature," scroll to "Find your Legislative District and Representatives" and click. Type in your address, click on "Find my District." Up pops a box with your district number and legislators' names. Click on a legislator's name, and you are taken to another page with information and photo of the legislator; you also have the ability to go to that legislator's home page. If you click on e-mail, there is a form to fill out with your issue, question or compliment. This is a handy electronic tool.

LOOKING AHEAD – BENEFITS AT RISK

During this past legislative session 3,704 bills and 2,185 amendments were introduced - 610 bills passed. Do you think legislators had time to read all that information? This is why it is important that WSSRA lobbyists, the WSSRA Legislative Committee and you be in contact with the legislators. Legislators really need information that only you

can give. Telling your story is helpful to them. Be prepared for a long, tough legislative

session starting in January 2017. There is the Supreme Court ruling on McLeary (education funding) hanging over legislators' heads that must be addressed. Other items will also need attention, i.e. levy equalization - which, if passed, is probably the demise of collective bargaining; health insurance (a provision to put all retiree and school employees in the same health plan); a study to combine LEOFF and TRS1 and PERS 1. Even though our health-care benefit was funded for this next year, it will be looked at carefully with the possibility of cutting or eliminating it and using those funds for something else. If you haven't emailed the WSSRA with your email address do so now so you may be kept informed. Go to www.wssra.org and sign up under "Join Our Mailing List." It is promised there will be no "chicken little" alerts.

CONTACTING YOUR LEGISLATOR

Legislators pay attention to emails, which is the most effective way to contact them.



VISIT US ON THE WEB



sos.wa.gov • access.wa.gov

www.wssra.org • www.sksr.org

April honors for students

Scholarship Luncheon

by Cheryl Bauer

Since this event took place the day after the deadline for publication of the last issue of the *Bulletin*, I am doing a quick summary for this edition. We enjoyed salads catered by Celebrations Catering, visited with old and new friends and listened to beautiful music provided by Julie Buetow on the clarinet and Norma Aamodt-Nelson playing piano.

This year's scholarship recipients were introduced. Each spoke briefly about a teacher who had impacted them. Recipients Emma Enga,

Shelbie Knowles and Meghan Trainer will each receive \$1,500 for their first year of college with a renewable option for each of the next three years as provided by the Winnie Smith Scholarships.

In other business at the luncheon, it was our pleasure to confer upon Bob Bisnett honorary membership in the Washington State School Retirees and the Sno-King School Retirees.

To conclude the event, raffle prizes were drawn and awarded.



Meghan Trainer
Shorecrest High School



Shelbie Knowles
Lynnwood High School



Charlotte Beckman
Inglemoor High School

Thank you to the following donors to the Sno-King Scholarship Fund

Phyllis Fiege

Roberta Hawkins

SKSR, in memory of *Rita Connaughton, Edith Faste, William Fortune, Ann Pattulo and Ray Reiters*

Carnegie Hall visit

SKSR members Linda Fitzgerald, Jo Caldwell, Bruce Caldwell, Jim Siscel and Lynda Hughes gather outside Carnegie Hall in New York City following the Jackson High School Honors Wind Ensemble's performance on May 29. Bruce conducted the band's opening piece, the *March from Jazz Suite Number 2* by Dmitri Shostakovich, which featured granddaughter Nicole Moffat on mallets. This is the third time Bruce has conducted at Carnegie Hall. The Caldwells' daughter, Lesley Moffat, is band director at Jackson High School.



Your visual health

Age-Related Macular Degeneration

Compiled by Donna Murrish

Age-related macular degeneration (AMD) is a retinal degenerative disease that causes a progressive loss of central vision. Many older people develop macular degeneration as part of the body's natural aging process. It is the most common cause of vision loss in individuals over 55.

The most common types of AMD are “dry” (atrophic) and “wet” (exudative). Most people have “dry” macular degeneration. It is caused by aging and thinning of the tissues of the macula. (*The macula is a small area at the back of the eye that allows us to see fine details clearly.*) When the macula doesn't function correctly, blurriness or darkness is experienced in the center of our vision and affects both distance and close vision. Although the reduced vision in the central part of the retina occurs, it doesn't affect the eye's side (peripheral) vision.

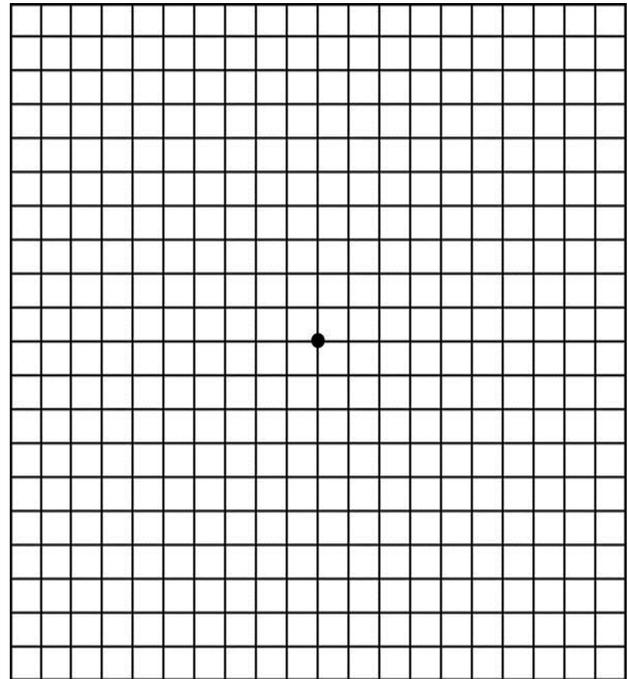
Symptoms

The condition may be hardly noticeable in its early stages. Sometimes one eye loses vision while the other eye continues to see well for many years. But when both eyes are affected, loss of central vision may be noticed more quickly. Some common ways vision loss is detected are: words on a page look blurred; straight lines look distorted; as the disease progresses; blind spots or a dark, empty area, may appear. The extent of central vision loss varies depending on the type of AMD – dry or wet.

“Wet” AMD accounts for about 10% of all cases of macular degeneration. In wet AMD abnormal blood vessels grow beneath the macula. These vessels leak blood and fluid into the macula. Wet AMD often progresses rapidly and can cause substantial loss of central vision. In its early stages “wet” macular degeneration can be treated with laser surgery.

The good news is that progress in ophthalmology has become rather rapid and some researchers have begun to envision an end to many forms of vision loss. There's still a lot to learn they admit, but it's “not a question of ‘if’ there will be an end to blindness, but a question of ‘when.’”

In the meantime, you can test your vision daily with the Amsler Grid. You may find changes you wouldn't otherwise notice.



- Put on your glasses and cover one eye.
- Fix your gaze on the center black dot.
- Keeping your gaze fixed, try to see if any lines are distorted or missing.
- Mark the defect on the chart.

TEST EACH EYE SEPARATELY.

If the distortion is new or has worsened, arrange to see your eye doctor at once.

Always keep the chart the same distance from your eyes each time you test.

Note: You can get a full-size version of the chart by going online and putting in Amsler Chart.

(Source of info: American Academy of Ophthalmology, American Macular Degeneration Foundation; AARP)



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

Remember – July 20, Edmonds City Park



Help us with information to put in the *Bulletin*

The deadline for the next Bulletin is August 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, call Marilyn Dauer, 425-774-7445.

Member Information Changes

Welcome New Members

Delaney, Catherine*, 5803 219th
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deekaym1@gmail.com

Oram, Rebecca W*, 18123 88th
Avenue W, Edmonds, WA 98026–
425-744-2373–clanoram@gmail.
com

* indicates Active Member

Member Data Updates

Buckner, Claudia–claudiaphil@
comcast.net

Goodrich, Lisa–lgoodrichellis@gmail.
com

Holloway, Harold Jr, 11315 Trilogy
Parkway NE, Apt 414, Redmond,
WA 98053–425-285-9195

Lawson, Katherine H, 1016 92nd ST
NW, Tulalip, WA 98271–360-659-
5861–mphfan213@frontier.com

Uusitalo, Duane, 3789 E Hoff Rd,
Everson, WA 98247

Sischo-Ochsner, Julia–
Juliasischoochsner@gmail.com

Deceased

Connaughton, Rita, 5/2016,
Northshore, Member since 2009

Faste, Edith D, 5/2016, Edmonds,
Member since 1990

Fortune William M, 5/2016,
Edmonds. Member since 1990

Pattullo, Ann W, 4/2016, Edmonds,
Member since 2003

Reigers, Raymond A, 5/2016, Everett,
Member since 2002