

# Sno-King School Retirees



November-December 2016

## The SKSR Bulletin



A message from our president

### Unique opportunities

by Cheryl Bauer

While I was driving back from Montana this weekend, I began pondering what to write about in this message. The beauty of the sun shining yellow on the hillsides of tamarack trees made me appreciate anew the beauty of this area we live in. And just as each season has a

uniqueness of its own, I believe SKSR offers to each of us unique opportunities to become involved.

We have the upcoming November Scholarship Luncheon, the December Cookie-Fest and Sing-Along, and the January Service Project. But more than that, as retirees, we have the opportunity to be involved in our local community service projects, help in schools and, of course, exercise our right to vote in the November election.

Each of us chooses how to spend our time in different ways, and I am aware that even though you might not participate in our organized activities, you still are concerned about issues relating to education and retirement. Therefore, I hope you read and enjoy all the articles in this *Bulletin*. Lots of hard work has gone into the writing and editing of each article.

Please enjoy anew the beauty of each day and the changes fall brings as we head into winter.

#### OFFICERS

*Cheryl Bauer*, Coordinator  
*Roberta Hawkins*, Vice President  
*Jan Phillips*, Secretary  
*Tom Hawkins*, Treasurer

#### COMMITTEE CHAIRS

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



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SKSR Board Meetings

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

November 10	March 9
January 12	April 13
February 9	May 11
	July 13



Our next special event

**November 17 Fall Scholarship Luncheon**

*by Jim Siscel, November meeting chair*

**W**ant to spend a part of a day visiting with old and new friends, enjoying “haute cuisine” and hearing a special speaker as well? It is time for our annual Fall Scholarship Luncheon, to be held at the Edmonds Unitarian Universalist Church, 8109 224<sup>th</sup> Street SW, Edmonds. We'll meet on our usual third Thursday, November 17, starting at 11:30 with the meal being served at noon.

Chef Dane Catering in Lynnwood will be providing grilled lime chicken, romaine salad, homemade rolls and dessert, all for the price of \$5.00. Again this year we are subsidizing the cost of the food as a means of encouraging more people to come. Guest speaker Mike Boring, Executive Director of the Washington State School Retirees Association, will be sharing information about the current status of WSSRA, and what we see on the horizon. Because the election will be over by then, he will talk about the results of general election, especially state offices, and the implications for education and retirees in particular. Lastly, he will talk about the upcoming Legislative session and our issues and concerns.

Because this is a catered event, we need to have an accurate count by November 11 at the latest. Please let Jim Siscel, (425-778-7202) [asjs68@earthlink.net](mailto:asjs68@earthlink.net), or Cheryl Bauer, (425 244-1709) [bauerc1@frontier.com](mailto:bauerc1@frontier.com), know if you plan to come. Or send your check and the form below to Jim.



**Make your reservation now**

**November 19 Luncheon**  
**Edmonds Unitarian Universalist Church**  
**8109 228th Street SW, Edmonds**

**\$5 per person**

Your name \_\_\_\_\_

Guest's name (if any) \_\_\_\_\_

**Send the form and your check by November 11 to:**

Jim Siscel  
 19322 73rd Place West  
 Lynnwood, WA 98036

Our Legislature in action

## Your vote counts!

by Rita Requa

The election season is drawing to a close. Be sure to cast your ballot. The results of the election may have an important impact on your retirement benefits. WSSRA's Legislative Agenda remains:

- Restore retiree healthcare benefits from \$150 a month to \$183.
- Restore a Plan 1 COLA at the earliest possible date. Make Plan 1 COLA inflation-based. (Plans 2 and 3 include a Seattle-based Consumer Price Index COLA. SB 6017 and HB 2138 were drafted with this policy goal in mind.)
- Increase Plan 1 Basic Minimum Benefit. Currently the Basic Minimum is \$50.75 per month for each year of service.
- Expand the Alternative Minimum Benefit. Plan 1 Alternative Minimum Benefit applies to career employees who have been retired for over 20 years. Currently it is \$1,737 per month and includes a 3% annual increase.
- Maintain the PERS 2 and TRS 2 retirement plans for future employees. Make Plan 2 the default plan.
- Have the state continue to make the actuarial recommended pension payment to the state pension fund.

## Election Importance

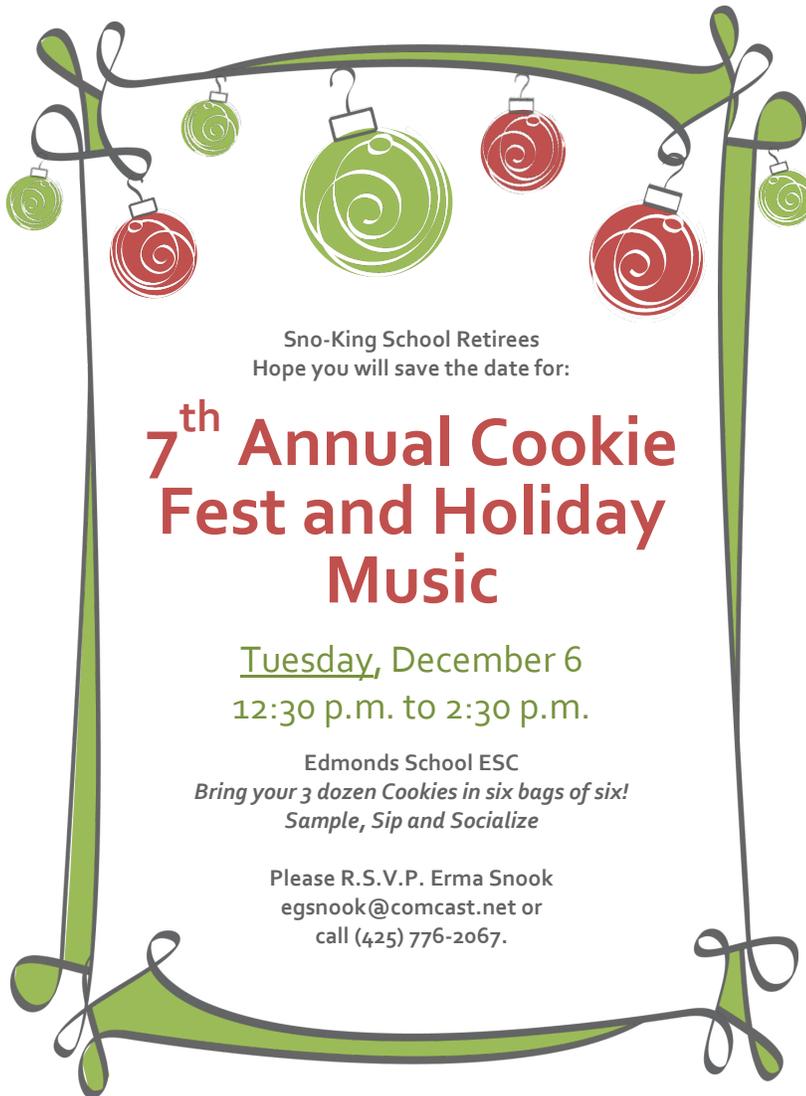
Election results of all state representatives and one-half of the state senate can make a difference in attaining WSSRA legislative goals. While the House is most likely to remain Democratically controlled, the Republicans think they can make significant gains. The Democrats think they can pick up two seats to control the Senate and, of course, the Republicans think they can maintain seats to remain in control. The national elections may or may not have an effect on the outcome of the election of the Washington State Legislature. It is predicted that Governor Inslee will be successful in his re-election bid. WSSRA Legislative Coordinator Peter Diedrick has been working with the governor's office on policies regarding the COLA issue.



## School Funding

When the Legislature convenes January 9, 2017, they will face the foremost issue: adequately funding our K-12 schools. In 2007 the McCleary decision was filed. In 2012, the State Supreme Court found the Legislature to be in violation of Article IX, Section 11, of the Washington State Constitution which establishes its "paramount duty" to provide ample support for basic education. Six years were given to reach their goal with the expectation of steady progress. That progress was so slow that in 2014 the Legislature was found to be in contempt of court and fined \$100,000 per day. Now the Legislature must face this issue head on. Next year, 2017, is the last major legislative session before the 2018 deadline. This will probably cost \$4 billion each biennium over and above the \$5.4 billion that the Legislature has added to education funding since 2013. How will they accomplish this? Will taxes be raised on food and medications? Will loopholes be closed? Will our benefits be reduced or eliminated? What will happen to our health subsidy, COLA issues, retirement plans, etc.?

We must be ready with speed and effectiveness. Give your e-mail address to WSSRA or SKSR if you haven't already done so. Read the *SKSR Bulletin* and the *WSSRA Journal* for background information. Respond to the e-mail alerts promptly. Use the SKSR and WSSRA websites for information. Call and/or e-mail your legislators when asked. Be prepared to tell your story.



Our annual service project  
**January Service Project:  
Food Lifeline**

by Roberta Hawkins,  
service project chair

On **Thursday, January 19, from 1:00 PM to 4:00 PM**, we are again planning on volunteering at Food Lifeline. Food Lifeline is a local, hunger-relief organization where excess food items are brought to the its Hunger Solution Center at 815 South 96th Street, Seattle, WA 98108, to be repackaged and distributed to the local area. Our job will be to repackage or sort whatever food items they have for the day we participate. I will provide copies of Food Lifeline's information about participating and information regarding location and travel by e-mail after you have signed up. Our plan is to carpool to their center in Seattle.

### To volunteer

*Sign up today.* Contact Roberta Hawkins at rlhawkins@aol.com or 206-546-2556. You may also sign up at our November luncheon or at the December Cookie-Fest.

## Snowbirds!

It's that time of the year again! If you receive *The SKSR Bulletin* and *WSSRA Journal* via U.S. mail, please contact Erma Snook to update your winter contact information and the dates involved. Please alert us again upon your return. Thanks to those of you who already have! We never lose contact with those of you receiving e-mail notices.

Send your changes to Erma at 425-776-2067 or at [egsnook@comcast.net](mailto:egsnook@comcast.net). Reminder, you can now receive your *WSSRA Journal* online as well as *The SKSR Bulletin*, so you are never out of contact on your travels. Arrange it at [www.wssra.org](http://www.wssra.org). Thank you!



## ATTENTION ACTIVE SKSR MEMBERS NOVEMBER 3 GRANT DEADLINE NEARS

**G**rant applications are due by **Thursday, November 3**. All actively employed members of Sno-King School Retirees, of any employee group in direct contact with students, are eligible to apply for a grant of up to \$250 for use in facilitating work with those students. How could such a grant help you to accomplish your goals?

The process is simple! Just submit the following:

- **A few sentences explaining how grant money will be used** and its intended impact on students
- **The amount of money** being requested
- **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
- **The usual day and time** of your regular staff meetings

Applications should be submitted to **Virg Rayton**, SKSR Grants Chair, [virg@raytonfamily.com](mailto:virg@raytonfamily.com) (425) 774-9413, or to **Rita Requa**, [rrequa@comcast.net](mailto:rrequa@comcast.net) (206) 362-5220.

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

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



### NW-1 Report

## Mount Vernon Regional Meeting

by *Erma Snook, NW-1 secretary*

**T**en Executive Board members from SKSR attended the WSSRA regional meeting on October 10<sup>th</sup>. Our own WSSRA Past President Rita Requa is chair of NW-1 this year. Erma Snook is secretary.

The first guest speaker, WSSRA Legislative Director Peter Diedrick, gave a very informative talk about the upcoming Legislative session. Because of all the money needed to finance the McCleary issue, we are advised to be on guard that our pensions are now a target for cuts. His other topics were about the good prospect for restoring Plan I COLA, about making the Substitute Teacher Relief Bill permanent, making sure the Legislature makes their pension payments, making Plan

2 the default Pension Plan and to increase the health care supplement to PEBB.

The second speaker was WSSRA Past President Nick Schultz from the Yakima unit. He said that future conventions will be held at one of three sites: Wenatchee, Yakima or Tri Cities. Because of the constant burden of putting on conventions falling to these three units, he presented a plan that allowed all units/regions to take over sponsoring a convention on a rotational basis. He is polling all eight regions for feedback.

There were reports from the WSSRA State Committee members, our district representative and from the four unit chairs. The next meeting is January 9, 2017.

Your health tips

## It's that time of year again

Excerpts from articles by Brad W., resident QFC pharmacist and from Everett Clinic News  
 Edited and presented by Donna Murrish



Flu season in the U.S. can begin as early as October and run through May. It's a serious disease that can lead to hospitalization and can sometimes even be fatal.

A sudden onset of symptoms could indicate the flu; if you visit your doctor or clinic within the first two days of being ill, a "rapid flu test" can be performed with results ready in just minutes.

So what's the difference between "just a cold" and influenza? Both are respiratory illnesses caused by viruses. See the box shown to compare symptoms.

**Reminder:**

The PEBB Program's Open Enrollment period is happening now through November.

To compare plans go to <http://www.hca.wa.gov/public-employee-benefits/retirees/compare-medical-plans>

<b>SYMPTOMS COMPARISON</b>		
<b>COLD</b>	<b>VS</b>	<b>FLU</b>
Low or none . . . . .	<b>Fever</b> . . . . .	High
Sometimes. . . . .	<b>Headache</b> . . . . .	Very common
Stuffy, runny . . . . .	<b>Nose</b> . . . . .	Stuffy, runny
Very common . . . . .	<b>Sneezing</b> . . . . .	Sometimes
Mild, hacking . . . . .	<b>Cough</b> . . . . .	Severe
Slight. . . . .	<b>Aches/Pains</b> . . . . .	Severe
Mild. . . . .	<b>Fatigue</b> . . . . .	Can last several weeks
Sore . . . . .	<b>Throat</b> . . . . .	Sometimes sore
May feel sluggish . . . . .	<b>Energy</b> . . . . .	Extreme exhaustion
Can last 7-10 days. . . . .	<b>Duration</b> . . . . .	Can last several weeks

### To lessen the symptoms

Drink lots of fluids, get plenty of rest and use over-the-counter meds for specific symptoms. Be sure to ask your doctor or pharmacist for recommendations first to avoid overlapping ingredients or interactions with your current prescriptions.

### To avoid getting sick

Get a flu vaccine every year! I know some of you say you've done that in the past and got the flu anyway. That can happen, but chances are good that the symptoms will be less severe if you've had the shot.

### What else?

Healthy eating, regular exercise and plenty of rest will also

help strengthen your immune system for fighting off viruses. Frequent hand-washing helps prevent the spread of germs and viruses.

You've heard that old adage, "Feed a cold, starve a fever."

**Forget it.** With either a cold or fever, you need to eat and drink to provide energy for your immune system and to prevent dehydration.

Get your flu shot! It doesn't matter where you get it. Young children and older folks should get the shot early. (*Note:* Nasal mist procedure is not recommended this year.)

If you've already had your yearly shot, let your provider's office know so your records can be updated. Stay well!

## Scholarships

**Winnie Smith Memorial Scholarship Update**by *Keith Lindaas*

**Brian Dang** (Shorewood High School, **Kaelah Gendon** (Edmonds-Woodway High School) and **Brioanna Osgood** (Meadowdale High School) are in their second year of college and recipients of their first Winnie Smith Memorial Scholarship.

**B**rian Dang is at the University of Washington and says that his first year has been nothing short of whiplash, but in a good way if that's possible. He is planning on majoring in English and has been exploring other classes to see if he could double major. Brian is also participating in Jumpstart, a program that places teams of college students in under-served preschools to teach reading, reading comprehension and writing, as these are the building blocks that children need to have. He says, "This has been an extremely time-consuming, but rewarding, task."

**K**aelah is a proud Husky at the University of Washington and is pursuing a degree in general biology with the plan to become a teacher at the secondary level. She said, "I've talked to different professors and academic counselors about my educational goals. Interestingly enough, everyone has supported my goal to become a teacher, saying that we need more teachers, and teachers are the basis of our society. Their enthusiasm has only made me more excited to continue on my path."

**B**rioanna is in her second year at Everett CC and plans to transfer to Western Washington University to earn her teaching degree. She is planning on becoming an elementary teacher. Brioanna has taken English 102 (Communications class for teachers) and also Psychology 100. She meets each quarter with her adviser to make sure that she is staying on track to transfer. She is very appreciative of this scholarship and thanks us for the support.

*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**

**Bromley, Gayle N**, 16564 Beach DR NE, LK Forest Park, WA 98155, 206-364-1314  
**Collins, Erin \***, 17721 3<sup>rd</sup> Ave SE, Bothell, WA 98102, 206-818-5740, [sugarmagnolia505@gmail.com](mailto:sugarmagnolia505@gmail.com)  
**Ganasen, Arunadevi \***, 4030 NE 195<sup>th</sup> ST, Lake Forest Park, WA 98155, 206-349-7429, [gnasib7@icloud.com](mailto:gnasib7@icloud.com)  
**Irwin, Emily M \***, 7021 10<sup>th</sup> Ave NW, Seattle, WA 98177, 206-384-2704, [emilymirwin@yahoo.com](mailto:emilymirwin@yahoo.com)  
**Marriott, Mary V (Ginny)**  
**McDuffy, Elin K \***, 20420 68<sup>th</sup> Ave W, Lynnwood, WA 98223, 425-431-7000  
**Reid, Michelle C \***, 3330 Monte Villa PKWY, Bothell, WA 98021, 425-408-7701, [mreid@nsd.org](mailto:mreid@nsd.org)  
**Rockwood, JoAnna R \***, 15322 50<sup>th</sup> Ave W, Edmonds, WA 98026, 206-227-8916, [joannaraek@yahoo.com](mailto:joannaraek@yahoo.com)

\* = Active Member

**Member Data Changes/Additions**

**Anderson, Alice B**, 13261 15<sup>th</sup> Ave NE, Seattle, WA 98125  
**Berg, Barbara**, 425-949-8642  
**Kenney, Ruth T**, [rkenneyteach@gmail.com](mailto:rkenneyteach@gmail.com)  
**Lundahl, Sheryl**, [sheryl.lundahl@frontier.com](mailto:sheryl.lundahl@frontier.com)  
**Pankiewicz-Dreimiller, Sharon \***, 5128 103<sup>rd</sup> ST SW, Mukilteo, WA 98275  
**Talbot, Elaine**, 555 Hemlock Way, Edmonds, WA 98020, 206-930-6087  
**White, Dan**, 3450 Evergreen PT RD, Medina, WA 98039 1021, 425-454-4430

**Deceased**

**Clemens, Ellen, K**, 10/01/2016, retired from Northshore,  
**Hansen, Norman R**, 8/17/2016, retired from Shoreline  
**Kreft, Edith K**, 10/01/2016, 25 year member

*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 December 20.

Send news and other materials to Jo Caldwell: [jo@wmea.org](mailto:jo@wmea.org)—425-218-8434.

Please send us news about other members as well as about your activities.

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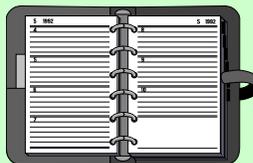
Please send changes in your mailing address, telephone number, or e-mail address to  
Erma Snook, [egsnook@comcast.net](mailto:egsnook@comcast.net), or call 425-776-2067.

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

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To help with mailing our next Bulletin on January 11, call Marilyn Dauer, 425-774-7445.



### MARK YOUR DATEBOOK

#### Coming Events for Sno-King School Retirees

November 17 .....	12:00
Scholarship Luncheon .....	Edmonds Unitarian Church

December 6 (Tuesday).....	1:00
Cookie-Fest and Sing-Along.....	Edmonds SD ESC

January 19 .....	1:00
Food Lifeline Service Project .....	Seattle
February.....	TBA
Event .....	TBA
March 16.....	10:00
Field Trip .....	Museum of Flight, Everett
April 20.....	12:00
Scholarship Luncheon .....	Edmonds Unitarian Church
May 18 .....	11:30
Sno-Isle Joint Luncheon ...	Le Bistro, Sno-Isle Skills Center
July 19.....	12:00
Picnic.....	Edmonds City Park