

# Sno-King School Retirees



March-April 2016

## The SKSR Bulletin



A message from our coordinator

### **Why I joined SKSR, part IV**

*by Cheryl Bauer*

**T**his is my concluding message, sharing with you why I joined SKSR. I can really put it in one word – PEOPLE! Reconnecting with old colleagues, meeting new friends, sharing meals, experiencing fun times, serving others – all the while learning and having fun.

From everything I've read about all the things one should do to stay active and healthy, socializing is high on the list. In the almost 10 years I've been a part of SKSR, I've met many, many people, made lots of friends and broadened my horizons in interesting and challenging ways. How could I not be a part of this **win-win** experience!

I'd love to hear from any of you who would also like to share in the fun. Please contact me at [bauerc1@frontier.com](mailto:bauerc1@frontier.com) or 425 244-1709. There are many ways to get involved. We are always looking for new people to help with meetings and activities, or to serve as committee members/chairs.

There are several articles I hope you will find interesting and choose to read in the rest of the newsletter. We are including a health section and some important articles about upcoming events. These events include our annual scholarship luncheon in April, the joint luncheon with the Sno-Isle unit in May and the state convention in June.

#### 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



Our Legislature in action

## Keeping an Eye on the State

by Rita Requa, SKSR Legislative Chair

### Be Alert

*This article was written during the third week of February. More current information can be found on the WSSRA website ([wssra.org](http://wssra.org)) under Legislation.*

### 2016 WSSRA legislative priorities:

- Restore Health Care Benefit to \$183
- Restore Plan 1 COLA
- Allow retirees to substitute teach
- Maintain PERS 2 and TRS 2 retirement plans for future school employees
- Make the actuarially recommended payment to the state pension funds.

Some of the issues that WSSRA follows have recently shown some movement in the Legislature:

SB 6455, dealing with TRS Plans 2 and 3, allowing early retirees to teach, passed the Senate on February 17. HB 2921, also dealing with the same issue, was passed out of the House Education committee. Chances are that the House will also pass the bill soon.

Presently, new employees who do not make a pension choice during the first 60 days of employment are automatically placed in Plan 3. HB 2646, which would make Plan 2 the default, has passed the House.

The Health Care Benefit for Medicare enrollees will be in the budget. Usually this is last item to be passed in a legislative session. The governor's proposed budget, released in December, maintains the \$150 health care benefit and makes the payment to the state pension fund. Both houses released a budget with 24 hours of each other. WSSRA does a comprehensive review of each of the proposals to make sure the WSSRA priorities are included or, in some cases, deleted.

### WSSRA alerts

Please be ALERT for any messages asking you to contact legislators or the governor regarding these issues. WSSRA will send ALERTS directly to members who have given their email addresses to the WSSRA office.

Sno-King has about 800 e-mail addresses of our members. Those addresses are not shared with WSSRA. If you have not given your e-mail address to WSSRA, I encourage you to do so, so that you will be sent the *Legislative Updates*. It is an easy process, go to [wssra.org](http://wssra.org) and click on "Join Our Mailing List." Follow directions and that's it!

The best and quickest way to contact legislators is through e-mail. Legislators read them almost immediately. ALERT messages from WSSRA will contain content relevant to the issue for ease of communication.

Here are the e-mail addresses of the Legislators in districts where many of our members live (**all addresses end @leg.wa.gov**):

#### District 1

- *Sen. Rosemary McAuliffe*: [rosemary.mcauliffe@](mailto:rosemary.mcauliffe@leg.wa.gov)
- *Rep. Derek Stanford*: [derek.stanford@](mailto:derek.stanford@leg.wa.gov)
- *Rep. Luis Moscoso*: [luis.moscoso@](mailto:luis.moscoso@leg.wa.gov)

#### District 21

- *Sen. Marko Liias*: [marko.liias@](mailto:marko.liias@leg.wa.gov)
- *Rep. Strom Peterson*: [strom.peterson@](mailto:strom.peterson@leg.wa.gov)
- *Rep. Lillian Ortiz-Self*: [lillian.ortiz-self@](mailto:lillian.ortiz-self@leg.wa.gov)

#### District 32

- *Sen. Maralyn Chase*: [maralyn.chase@](mailto:maralyn.chase@leg.wa.gov)
- *Rep. Cindy Ryu*: [cindy.ryu@](mailto:cindy.ryu@leg.wa.gov)
- *Rep. Ruth Kagi*: [ruth.kagi@](mailto:ruth.kagi@leg.wa.gov)

If you do not live in any of the above districts, try the [sksr.org](http://sksr.org) website under Legislation where you will find legislator addresses for the following districts: 1, 32, 43, 21, 38, 44, 45, 46, 48.

Stayed tuned and be ALERT.



Your health tips

## Food Additives: Are you in the know?

by Erma Snook

Ever examine the ingredients on a boxed food item and just cringe at the list: Hydrolyzed Vegetable Protein, Acesulfame Potassium, Dextrose or Butylated Hydroxytoluene? Surely it must be written in Greek! All that alphabet soup. While most food additives are safe, some haven't been adequately tested and many are unsafe.

A non-profit organization, The Center for Science in the Public Interest (CSPI), has made it its mission for 40 years to promote food safety and wellness. It does research, investigates label claims (e.g., Heart-Healthy, Organic), litigates what it finds wrong and much more. It publishes a widely circulated newsletter, *Nutrition Action*, to share much of what it learns. It brings great pressure to bear on the FDA and the food industry in an attempt to improve food safety.

On its website, [www.cspinet.org](http://www.cspinet.org), under the Food Safety tab at the top, is the Food Additives item. It unravels some of the mysteries of food additives and rates over 60 items as additives to "Avoid," "Cut Back," "Caution" or "Some People Should Avoid." At the very beginning, is an alphabetical list of additives; the list might be helpful to you as you shop.

You may not subscribe to all the recommendations, but after reading about the additives, your choices will be conscious and better-informed ones.

Be sure to take time to check out other resources on this website. Some are: CSPI Accomplishments over 40 years, Litigation in the Works, and other Food Safety Research. This site might be a valuable resource to Bookmark.



Helping today's students and teachers

## Grant Presentations—New Members

by Virgil Rayton, grants chair



*Jim Siscel presents a SKSR Grant to Marilyn Tucker, Librarian and Safety Patrol Supervisor at Lake Forest Park Elementary School. She*

*will be using the grant to purchase five heavy winter jackets for the students on safety patrol.*

Grant checks have been given to all recipients, and the monies received are enhancing the education of students in Edmonds, Northshore and Shoreline school district classrooms.

While distributing the grants, SKSR members were able to tell the school staffs about the benefits of SKSR and WSSRA. We extend a warm welcome to the 33 active educators who joined our organizations because of the grant presentations.

All active educators will be eligible for grants in the fall of 2016. Application information will appear in our September *Bulletin*.

Thank you to the following donors to the Sno-King Scholarship Fund during the past three months.

In memory of *Don Warren*

**Robert and Donna Reser, Donald and Joyce Scott, Larry and Elizabeth Goble**

In memory of *Daryl Baerwald*

**Jim and Andrea Siscel**

**SKSR** In memory of *Barbara McMillan, Darrell Rasmussen, Steve Kelly, Robert DeLange and Maeve K Ross*

## SKSR BULLETIN BOARD

### SAVE THE DATE

Our joint luncheon with Sno Isle School Retirees is scheduled for Tuesday, May 17, 11:30 AM, at Le Bistro, in the student technical center by Boeing. The theme for the event is "Around the World With Peace Corps." Several returned Peace Corps members and a representative from the Peace Corps office in Seattle will share the spotlight.

Look for more information as to menu choices in the next Bulletin.

Evie Nordeen, May event chair

### MARCH EVENT CANCELLED

Due to circumstances beyond our control, and after much discussion at the January executive board meeting, it was decided to not do a March field trip this year. SKSR Secretary Jan Phillips had put a lot of time and effort into trying to come up with a suitable event, but between price, distance and past lack of participation, we decided to put our efforts into other events that we sponsor. We will keep it on the calendar for next year and appreciate any suggestions you have for an event that could be enjoyed by members.

Cheryl Bauer, SKSR coordinator

### WILL YOU JOIN US AT THE WSSRA CONVENTION IN JUNE?

You might ask why we are writing about this June event this far in advance. It's because we would like to encourage more people to consider going to the state convention in Yakima, June 6-8. The event includes meetings, luncheons, dinners and workshops. We are allotted over 25 delegates because of our large membership numbers and can accommodate that many for free or a minimum cost. We might ask you to become a little more involved in SKSR, but it's also a learning experience when you see how the whole organization works from the local to state level. It's nice to know ahead who is going so we can book rooms in the convention area. Please let Cheryl Bauer know if you are interested:

425 244-1709/  
bauerc1@frontier.

com



Annual service project

## Helping the Shoreline Food Lifeline

by Roberta Hawkins

Our group of 17 volunteers gathered on January 28 at the Shoreline Food Lifeline distribution center again this year to help repackage and prepare products for individual use.

We divided into two groups; one worked with carrots while the other worked with eggs. The "carrot" group took 1,450-pound boxes of frozen cubed carrots and packed them into three-pound bags, then packed 12 of these bags into a carton. The group packed a total of 54 cartons of carrots. That's a bunch of carrots! The egg group cleaned, sorted out cracked and broken eggs and repacked the eggs into dozen and half-dozen cartons.

In all, we packed 4,412 pounds of food. Having successfully achieved that much, the group felt very pleased with their afternoon efforts. A big THANKS to all who participated.



From left front: Carol Rutte, Cindy Farquhar, Tom Hawkins, Cheryl Bauer, Robin Randles, Kathy Ward, Virg Rayton, Lynn Watson, Scott Farquhar; Gail Summerfield and Judy Hewitt. Other members participating, but not pictured: Jim Siscel, Barbara Canada, Gerene and Paul Hipke, Diana and Don McQuay.

## Directory Update

**Didja Get It?**

by Erma Snook

We promised to update you at the first of February. We sent you, via email, an up-to-date version of our Membership Directory, originally published in February, 2015. It is a Word document that contains all additions and corrections since February, 2015. You can continually update it with new member information published in each *Bulletin*. It has some spacing foibles as we cross platforms from PC to Macintosh and back, but it is quite usable. Please advise us if your information in the directory is incorrect. Send corrections to Erma Snook: [egsnook@comcast.net](mailto:egsnook@comcast.net).

Thank you for listing your e-mail with SKSR to receive newsletters, pertinent program information, legislative alerts and our directory. It is not only a timely way to communicate, it saves us postage dollars better spent on scholarships, grants and programs.

If you would like to add YOUR e-mail address, please send it to Erma Snook: [egsnook@comcast.net](mailto:egsnook@comcast.net). Be sure to include your first and last names. We will send you an updated directory in return and further newsletters in color well in advance of the snail mail newsletters.

**SKSR FACTOID**

- Total Membership . . . . . 1,381
- Total Email Addresses . . . . 924 . . 67%
- Total Mailing Addresses . . 416 . . 30%

Doesn't add up? Some folks don't want mail, we have lots of couples, and some folks have not given us contact information as information changes.

**Member information updates****Welcome to our New Members**

*These are included in the updated e-mail directory*

**Alford, Matthew J \***, 549 N 82<sup>nd</sup> ST, Seattle, WA 98103, 425-359-6507, [malford777@gmail.com](mailto:malford777@gmail.com)

**Allen, Barbara J**, 21813 82<sup>nd</sup> Ave W, Edmonds, WA 98026, 206-715-1836, [allen.barbara2@gmail.com](mailto:allen.barbara2@gmail.com)

**Baker, Tami L \***, 14602 56<sup>th</sup> Ave SE, Everett, WA 98208, 425-218-5782, [BAKERT7@gmail.com](mailto:BAKERT7@gmail.com)

**Bronsther, Shari A**, 17428 14<sup>th</sup> Ave SE, Bothell, WA 98012, 425-771-2530, [ttfnsw@hotmail.com](mailto:ttfnsw@hotmail.com)

**Carlsen, Jodie C \***, 8134 212<sup>th</sup> ST SW #C, Edmonds, WA 98026, 425-971-5261, [jodie.c1@hotmail.com](mailto:jodie.c1@hotmail.com)

**Cogburn, Robin, L \***, 4525 164<sup>th</sup> ST SW #AA101, Lynnwood, WA 98087, 425-273-6929, [doctorarobie@hotmail.com](mailto:doctorarobie@hotmail.com)

**Dankoff, Linda M \***, 19412 78<sup>th</sup> Ave SE, Snohomish, WA 98296, 360-668-7781, [ldankoff@gmail.com](mailto:ldankoff@gmail.com)

**Ekstrom, Jennifer L \***, 23030 12<sup>th</sup> PL W, Bothell, WA 98021, 425-806-8277, [jen\\_eks@hotmail.com](mailto:jen_eks@hotmail.com)

**Fitzpatrick, Karen R \***, 7606 NE 201<sup>st</sup> PL, Kenmore, WA 98028, 425-402-8294, [krfitz59@yahoo.com](mailto:krfitz59@yahoo.com)

**Fortin, Cory E \***, 18203 80<sup>th</sup> Ave W, Edmonds, WA 98026, 206-669-2121, [cory.fortin@gmail.com](mailto:cory.fortin@gmail.com)

**Gardiner, Cheryl L \***, 18947 Forest PK DR NE, Lake Forest Park, WA 98155 206-407-5651 [lynngardiner2@yahoo.com](mailto:lynngardiner2@yahoo.com)

**Henderson, Ryan L \***, 7206 Foster Slough RD, Snohomish, WA 98290, 425-346-1606, [rhanhendy@gmail.com](mailto:rhanhendy@gmail.com)

**Holguin, Michelle T \***, PO Box 55393, Shoreline, WA 98155, 206-362-0662, [mholguin@comcast.net](mailto:mholguin@comcast.net)

**Hurley, Justine L \***, 12047A 36<sup>th</sup> Ave NE, Seattle, WA 98125, 206-551-4889, [justinehurley@gmail.com](mailto:justinehurley@gmail.com)

**Ibach, Bethany C \***, 4814 150<sup>th</sup> PL SW, Edmonds, WA 98026, 425-609-2232, [tb-ibach@comcast.net](mailto:tb-ibach@comcast.net)

**Kelley, Mia \***, 18512 6<sup>th</sup> PL NW, Shoreline, WA 98177, 206-427-8029, [miakelley13@gmail.com](mailto:miakelley13@gmail.com)

**Kelly-Parker, Marcia L**, 21823 95<sup>th</sup> Ave W, Edmonds, WA 98020, 425-775-7158, [marcia\\_38@hotmail.com](mailto:marcia_38@hotmail.com)

**Kreutzer, Riley T \***, 22910 32<sup>nd</sup> Ave W, Brier, WA 98036, 206-678-6569, [rtkreutzer@yahoo.com](mailto:rtkreutzer@yahoo.com)

**Dillon, Kelly A \***, 3333 164<sup>th</sup> ST SW #1131, Lynnwood, WA 98087, 916-337-4896, [kellydillon79@yahoo.com](mailto:kellydillon79@yahoo.com)

**Gill-Almquist, Sally A \***, 13604 26<sup>th</sup> Ave NE, Seattle, WA 98125, 206-361-5156, [mijiansa@gmail.com](mailto:mijiansa@gmail.com)

**Gillingham, Kimberly D \***, 22004 Vine Road, Brier, WA 98036, 425-745-1899, [gillingham\\_kim@hotmail.com](mailto:gillingham_kim@hotmail.com)

**Hammill, Claire S \***, 3333 164<sup>th</sup> ST #1924, Lynnwood, WA 98087, 206-618-4848, [clairehammill5@gmail.com](mailto:clairehammill5@gmail.com)

**Morrow, Karen A \***, 4822 Pointes DR, Mukilteo, WA 98275, 360-909-1834, [kmorrow23@icloud.com](mailto:kmorrow23@icloud.com)

**Nandi, Megan E \***, 732 17<sup>th</sup> Avenue, Kirkland, WA 98033, 206-399-8824, [megannowak@yahoo.com](mailto:megannowak@yahoo.com)

**Nelson, James R**, 3116 164<sup>th</sup> ST SW #612, Lynnwood, WA 98087, 425-742-6145, [nelson.roger@hotmail.com](mailto:nelson.roger@hotmail.com)

**Norling, Jennifer L \***, 11 Vernon RD, Lake Stevens, WA 98258, 425-334-5328, [jlnorling@comcast.net](mailto:jlnorling@comcast.net)

(continued on page 7)

SKSR Website

## How Our Website Helps You

by Jim Siscel, Webmaster



**O**ur website has lots of information that is of interest to active and retired members. As web master, I update the website on a regular basis.

At the top of the first page, in red, are the latest updates to the website, telling the specific area on the website where the updates will be found. If you weren't able to attend an activity, take a look at **Activities** and find some information about what happened. A popular area is **Our Trips**. Members have shared information and photos from their trips to Egypt/Jordan,

India, Europe, and western U.S. National Parks., In addition to a write-up about the individual trips, there are great captioned photographs. This is a popular area of our website. If you take a trip, let me know and I will work with you

to share information and pictures about your trip.

Want to contact your legislator? Go to **Legislation** and you will find email addresses for the legislators in most of the districts where Edmonds, Northshore and Shoreline educators live. If your district is not shown there is a link above the specific districts that will give you that information.

On the bottom of the **Useful Links** page are some excellent links to websites of interest to seniors.

**Obukowicz, Mary V \***, 4204 Fieldstone DR Apt 202, Lynnwood, WA 98037, 206-724-1805, maryobuk@yahoo.com

**Parker, Robert E \***, 2812 W Elmore PL, Seattle, WA 98199, 206-818-2241

**Rand, Allan M \***, 1603 NW 185<sup>th</sup>, Shoreline, WA 98177, 206-948-2670,, amrand@comcast.net

**Rasmussen, Faye A**, 16338 Wallingford Ave N, Shoreline, WA 98133, 206-542-9586, rkfsp@comcast.net

**Ridley, Charles M \***, 18717 Olympic View Drive, Edmonds, WA 98020, 206-948-2426, cmridley@juno.com

**Roth, Cheryl \***, 4716 120<sup>th</sup> PL SE, Everett, WA 98208

**Sellers, Susan \***, 118 Stone Ridge DR, Snohomish, WA 98290,, 425-239-8742,, sellerss100@gmail.com,

**Vendelin, Sharene L**, 11630 NE 145<sup>th</sup> ST, Kirkland, WA 98034, 206-334-6395,

### Welcome to our New Members

*These need to be added to the updated e-mail directory*

**Bogin, Susan W \***, 3458 122<sup>nd</sup> PL NE, Bellevue, WA 98005,, 425-894-8500, suebogin@htmail.com

**Brophy, Patrick D \***, 5316 125<sup>th</sup> PL SW, Mukilteo, WA 98275, 425-438-0284, broph@comcast.net

**Cutts, Diane E**, 1316 12th Ave N, Edmonds, WA 98020

**Holzemer, Mary Elena \***, 556 NE 104<sup>th</sup> ST, Seattle, WA 98125, 360-391-8905, elena.holzemer@gmail.com

**Pierce, Patricia G**, 18813 81<sup>st</sup> Ave W, Edmonds, WA 98026,, 425-774-4433,, 78pierce@comcast.net

### Member Data Changes/ Additions

**Knuth, Eugenia**, 360 W Calle Media Luz, Sahuarita, AZ 85629, , 206-909-5642

**LeGore Jack N**, 45 Pine Street #107, Edmonds, WA 98020, , 425-245-8961

**Nichols, Penelope**, 206-985-9891

**Rose-Larson, Kathryn**, 415 Tally Lake RD, Whitefish, MT 59937, fishtree21@gmail.com

### Deceased

**DeLange, Robert H**, 1/20/2016, Northshore Retiree

**Kelly, Stephen C**, 1/21/2016, Shoreline Retiree

**McMillan, Barbara E**, 1/01/2016, Member since 1995

**Rasmussen, Darrel R**, 1/01/2016, Member since 1996

**Ross, Maeve K**, 1/2016, Shoreline Retiree

### E-Mail Changes

**Clute, Bruce and Karin**, clutec2c@gmail.com

**Cram, Jennifer M**, cramjm@gmail.com

**Martin, Sandra**, 2bluffkids@gmail.com

**Peterson, Patricia**, pkp713@yahoo.com

**Phipps, Mara**, mara@usphipp.com

**Rodgers Kevin**, kalanrodgers@gmail.com

\* = Active 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 April 20. Send news and other materials to  
Jo or Bruce Caldwell, [bruce@wmea.org](mailto:bruce@wmea.org), 425-218-8434.

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

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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 Monday, May 2, call Marilyn Dauer, 425-774-7445.