

Sno-King School Retirees



March-April 2017

The SKSR Bulletin



A message from our president

The next few months

by Cheryl Bauer

This is not an easy message to write. My life was turned upside down on January 16, 2017, when my husband of 45 years died after a brief illness. We go through many changes in our lives; losing a spouse has to be one of the hardest. I want to thank the execu-

tive board and especially Jim Siscel and Erma Snook who picked up the slack I left as my time was taken elsewhere. I am now back at the helm for the next few months as I finish my fourth year in this position.

As most of you know, the primary focus in Olympia is for the legislature to muddle its way through fully funding education as required by the McCleary decision. I hope you are responding to emails sent by the state organization where appropriate. I'm sure there will be more as the two parties propose and counter propose various options. It has been predicted to be one of the longest sessions in the legislative history.

Meanwhile, SKSR continues to plan a meeting each month, hop-
(continued on page 2)

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 Siscel, Membership/Retirement/Website
Erma Snook, Membership Records
Jo/Bruce Caldwell, Bulletin Editors



WANT FREE MONEY?

If your name is one of the four members' names hidden in this *Bulletin*, you are eligible to win \$25!

Check out details on page 5. Be a winner! ALL members are eligible. Good luck!

CONGRATULATIONS to those who found their names in the last issue—**Roger Bray, Donna Hoffman and Kathy Parker**—and claimed their \$25 prize!

Our next special event

Spring Scholarship Luncheon to feature Cascade Symphony Music Director

by Rita Requa



Want to spend a part of a day visiting with old and new friends, enjoying great food, meeting our new scholarship awardees and hearing a special speaker as well? It is time for our annual Spring Scholarship Luncheon, to be held at the Edmonds Unitarian Universalist Church, 8109 224th Street SW, Edmonds. We'll meet on our usual third Thursday, April 20, starting at 11:30 with the meal being served at noon.

Our guest speaker will be Maestro Michael Miropolsky, beloved conductor of the Cascade Symphony Orchestra and Assistant Principal Second Violin of the Seattle Symphony. He founded the Seattle Violin Virtuosi, Seattle Chamber Orchestra

and assumed leadership of the Thalia Symphony Orchestra. His love of music and his great talent brought him from the oppressive regime of the former Soviet Union to America. He is a very interesting speaker and recently published his memoir, *Theme and Variations: My Life Journey*.

Chef Dane Catering in Lynnwood will be providing BBQ Pulled Pork Sliders, Baked Mac and Cheese, Spinach Salad and Dessert, all for the price of \$5.00 for members and \$15 for guests. Again this year we are subsidizing the cost of the meal as a means of encouraging more people to come.

Because this is a catered event, we need to have an accurate count by April 14th at the latest. Please let Rita Requa know (rrequa@comcast.net or 206-362-5220) if you plan on attending. Send your check and the form below to Rita.

Make your reservation now—April 20 Luncheon

Edmonds Unitarian Universalist Church
8109 228th Street SW, Edmonds
\$5 per member, \$15 for guests

Your name _____

Guest's name(s) (if any) _____

Send the form and your check by April 14th to:

Rita Requa
19121 Ballinger Way NE #102
Lake Forest Park WA 98155

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ing to entice more of you to attend and get involved. March finds us going to the Museum of Flight in Everett. April will be our scholarship luncheon, where four high school seniors are each given a \$2,000 scholarship. May is our annual joint luncheon with the retirees from the Sno-Isle unit Sandra Kennedy. June takes us to Pasco for the WSSRA convention. And, of course, July finds us at the Edmonds City Park for our annual picnic. Look for articles elsewhere with the details for these events. Also, be sure to look for your name hidden somewhere in the *Bulletin* and claim your \$25 from our treasurer Tom Hawkins.

Our Legislature in action

Legislature still needs to hear from us

by Rita Requa



February 24 was the deadline for bills to pass out of the Rules Committee in order for a e vote. HB 1484 and SB 5556 would provide an increase of \$2 per month per year of service.

As this is written (Feb. 15), no action has been taken by the Appropriations Committee to pass on to the Rules Committee, which then would go to the floor for a vote.

For up-to-date information, go to the WSSRA website and click on *Legislation*, or call or email me, for the latest update from our Legislative Coordinator. (206-362-5220 or rrequa@comcast.net).

Some interesting facts about the Economic Benefits of Pension Payments:

- Washington state has 143,511 annuitants in the Public Employees and Teachers Retirement Systems. Total monthly annuity payments equal \$297,107,096.
- Every \$1 paid to retirees generates \$1.57 in total economic output. State annuity pays create \$644,456,570 in monthly economic activity.
- The average monthly retirement benefit is \$1,814.

Washington State Department of Retirement Systems and National Institute on Retirement Security



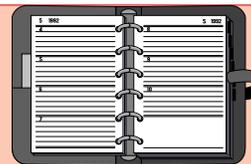
Accepting Scholarship Applications

Scholarship applications are now in the high schools for the SKSR Scholarships. A total of four \$2,000 scholarships will be awarded to students from Edmonds, Northshore and Shoreline school districts who are planning a career as a teacher or other school-related profession. The applications need to be postmarked by March 17 with a scholarship committee decision being made on March 29. For the next three years of college, Sadrina Dorn those students being awarded the scholarships will have an opportunity to apply for a Winnie Smith Memorial Scholarship, which would be \$2,000 for each year that they continue in education.

SKSR Board Meetings

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

- March 9
- April 13
- May 11
- July 13



MARK YOUR DATEBOOK

Coming Events for Sno-King School Retirees

March 16.....	10:00
Field Trip	Museum of Flight, Everett
April 20.....	11:30
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

Save the Date

Our joint luncheon with Sno-Isle School Retirees is scheduled for Thursday, May 18th, at 11:30 AM, at Le Bistro in the Sno-Isle Tech Center by Boeing.



Our speaker will be from Brigadoon Service dogs. They train dogs to promote a more independent lifestyle for those with special needs. Look for more information as to menu choices in the next *Bulletin*.

SKSR Service Project

Volunteering at Food Lifeline

by Tom Hawkins

On Thursday, January 19, six SKSR members met at Aurora Village at 11:30 to carpool to the new Food Lifeline facility in south Seattle. Food Lifeline has moved from Shoreline to a new location west of Boeing Field and the Duwamish Waterway.

After checking in, we joined two other volunteers in the spacious volunteers' break room. A staff member talked briefly about Food Lifeline programs, then gave a tour of the new facility. Each of the two buildings is at least four times the size of the Shoreline building. The freezer unit and the cooler unit are both larger than the Shoreline building. Multiple volunteer rooms allow large groups to sort food in the facility.

Our group split up into two teams of four. One team sorted dairy and juice products by "use-by dates" into three categories. One called "Seattle Now" was for products at or just past the use-by dates for immediate delivery to distribution centers. Juice and dairy products within the use-by dates were sorted into crates weighing 40 pounds for later distribution. Those items not meeting these requirements were discarded. The other team sorted through boxes of fruit or veg-

etables. Each item was individually checked, and over-ripe or bruised/damaged pieces were discarded. All the viable products were repacked into containers for delivery to Food Lifeline distribution points.

When our three-hour work period was completed, a staff member thanked us for our time and effort, and told us that we had packed **4,405 pounds** of food for distribution to the needy! We all enjoyed the work. This is a not only a fun activity, but one which left us with a feeling of satisfaction. Hopefully, next year even more of our members will participate.



Front Row: Carol Rutte and Tom Hawkins,
Back Row: Chris Bailey, Gerene and Paul Hippke, and Virg Rayton.

February's meeting

With new skills, it's time to get busy!

by Cheryl Bauer

On Wednesday, February 15, almost 40 were in attendance at a seminar entitled Downsize and De-Cutter. The Red Door Team (www.reddoorteam.com), consisting of Teresa Barthol and Sherri Hansen, presented a wealth of information. They are part of Keller Williams Real Estate and have been doing these seminars for the past four years.

Many of us find ourselves overwhelmed by the "stuff" we have. Add to that the fact that a lot of our children are not interested in our "collections," and it becomes a challenge to know what to do. One technique I thought sounded useful and plan to use is the S.O.R.T process. "S" is for sell or donate. (Those items get a red sticker.) "O" is for offer to give away to friends or family. (Those items get a yellow sticker.) "R" is for retain. (Those items get a green sticker.)

Lastly, "T" is for toss/throw away. (They get a red sticker.) The next step is to remove them from the property! I'm challenging myself and you before the next *Bulletin* to make some progress through our clutter. Elisa Hawkin-

son offered additional tips on organizing. She mentioned the importance of staging when it comes to selling your house to help you get top dollar.

Before the presentation, we were privileged to hear from Kris McDuffy, the new superintendent of the Edmonds School District. She spoke about the challenges and the excitement of seeing the legislature fulfill its duty regarding the McCleary decision.

At the end of the meeting, a beautiful raffle basket was won by Donna Murrish. Lots of sharing and positive feedback concluded the event.



Helping today's students and teachers

Kudos to workgroup

by Erma Snook

The SKSR Bulletin you are reading is a product of many steps, from article writing, to preparation for publication, to folding for distribution, to mailing. All of those steps, except one, are done by one or two individuals at a time and are essential to the great product we receive six times a year! But it's about the other step—the folding for distribution group—that I want to write.

The Folders

The best bunch of knife creasers, tape stickers and label attachers ever! Our folding sessions are so efficient, that I've heard complaints like "we can't be done yet, I'm not through visiting!" We begin officially at 10 a.m. at the ESC, but several show up early and help put out stacks of flat newsletter to fold, the creasing knives and tape dispensers. Lately, setting record times, we have been done by 10:50 and out the door. We fold about 415 newsletters each time, and everyone pitches in to help clean up afterward. When you see any of these folks listed here, please give them your thanks for a job well done. I am especially sending them my thanks for making the mailing job so easy.

Finally and very importantly, I want to recog-



nize and thank the person who gets us all together with recruiting emails and phone calls each time so we have enough helpers to do the job: Marilyn Dauer. She is unwavering in her recruitment and in alerting me each time to the list of helpers to expect. It's not an easy job. Our next folding date is May 1st. Join us? Contact Marilyn Dauer at 425-774-7445 or at marilyndauer@yahoo.com.

As with any listing and thanking of wonderful workers, I run the hazard of omitting someone—please forgive me if it's you—just know that your help was necessary to meeting our goal, and we hope you will return.

Those who have helped fold *The SKSR Bulletin* this year, since August 29, 2016, are Cheryl Bauer, Andrea Bouche, Connie Bradley, Sharron Cain, Jennifer Cobb, Roberta Hawkins, Tom Hawkins, Joan Hertrich, Marilyn Irwin, David Johnson, Marlene Johnson, Pauline LeWarne, Karen McElliott, Donna Murrish, Evie Nordeen, Alma Ohtomo, Jan Phillips, Virg Rayton, Carol Robinson, Avis Schwab, Jim Sissel, Erma Snook, Gil Snook, Priscilla Strand, Janet Westerlund, Dick Wetmore and Sherry Wetmore.

Thank you all!

WANT FREE MONEY? Read on...

Again in this issue (it's a not-so-sneaky way to get you to read the *Bulletin!*), the **names of FOUR SKSR members are hidden** throughout the *Bulletin*. If your name appears, you will be eligible to receive **\$25**. Here's what you need to know:



- **Names will appear in a way that makes no sense to the article.**
- Names in lists or that are directly related to the article are not eligible.
- If your name appears, you will receive a check for \$25 if you...
 - o Email our treasurer at hamhawk@aol.com -OR-
 - o Snail-mail your response to
SKSR
PO Box 33962
Seattle, Wa, 98133-0962
 - o In your response, either by email or snail-mail, include your name, U.S. mail address and number of page where you found your name.
 - o Emails/post marks must be on or before April 30.

That's all there is. Just sit back and wait for your free money to arrive!

Your health tips

Whole grain vs refined grain? What's healthier?

by Donna Murrish, from January, 2017

review from Mayo Clinic and notes from Consumer Reports

What are whole grains anyway?

Whole grains include any type of grain that has been minimally processed so that the edible parts of the grain—bran, germ and endosperm—remain; examples include whole wheat, oats, brown rice, barley, popcorn, quinoa, amaranth and millet.

Most of us consume grains as part of our diets, but many of these foods contain refined grains, which Stephen Jacobs have had most or all of the natural nutrition processed away. After processing, many refined grains are fortified and enriched with certain vitamins and minerals. Examples of refined grains include white bread, white rice and enriched pasta.

Whole-grain products contain more soluble and insoluble fiber, more protein, vitamins, minerals and naturally occurring plant chemicals that defend against disease.

Recent reviews of past research has highlighted the power of even modest consumption of whole grains, while research on refined grains has found that they provide virtually none of the benefits associated with whole grains. So when it comes to making the best choice for your health, the weight of evidence is on the side of choosing whole grains over refined grains.

How can you tell?

Check the product label. Many people believe

a dark-colored bread indicates whole grain bread and is healthier—

this is a myth. Don't pay attention to bread color, pay attention to the ingredients. Whole grains should appear as part of the first ingredient listed. For example, look for "whole wheat flour." (**HEALTHY** Ingredients: Whole wheat flour, salt, spices, rice flour, whey, corn starch, leavening. **NOT HEALTHY** Ingredients: Enriched flour (wheat flour, niacin, iron...)

It's recommended that at least half of your intake of grains should be whole grains. With a few basic substitutions, this superfood can be integrated into your existing diet.

A couple of suggestions

Rather than white rice, substitute brown rice. In addition, wild rice, quinoa, farro or barley taste great as side dishes Dennis Anderson and are excellent as bases for stir fries, soups or salads.

Rather than enriched pasta, substitute whole-grain pasta for an interesting alternative in terms of texture, color and taste. Instead of enriched pasta in a soup or salad, maybe you could try wheat berries or quinoa.



Students of Susie Crosby at Echo Lake Elementary School in Shoreline love their new parachute, which was purchased with grant money from SKSR. The students work together to make waves for each other to "swim" in, and they lift it up and trap the air inside so they can "climb the mountain." Their favorite games are Popcorn and Shark Attack! Such fun for all!



Member Information Updates

Welcome New Members

Ahron, Donna K*, 17326 2nd Ave NW, Shoreline, WA 98177, 206-795-7163, ahrondk@gmail.com

Berg, Linda K*, 10608 Robin Hood Drive, Edmonds, WA 98020, 206-890-6195, zbookwoman@juno.com

Bryant, Judith, 23110 81st PL W, Edmonds, WA 98026, 425-582-9585, judybryant49@gmail.com

Carpenter, Carmen*, 3333 164th SW #2226, Lynnwood, WA 98087, 512-933-4784, carmencarpenter@ymail.com

Clyde, Susan R*, 17029 11th Ave NE, Shoreline, WA 98155, 206-679-1179, susan@younglifeopendoor.org

Currier, Rosie D*, 14318 Burke Ave N, Seattle, WA 98133, 360-775-1223, rosiedc@gmail.com

Della, Veronica*, 10721 4th Ave NW, Seattle, WA 98177, 206-979-6685, veron_della@yahoo.com

Diefendorf, Christy G*, 15628 64th Ave SE, Snohomish, WA 98296, 425-218-0414, christygd1@frontier.com

Early, Andrea C*, 4328 NE 43rd ST, Seattle, WA 98105, 206-419-0053, andrea.early79@gmail.com

Hill, Linda, 23908 Bothell-Everett Hwy, Bothell, WA 98021, 425-485-8326, linda2548@gmail.com

Holdridge, Monica*, 2352 N 194th ST, Shoreline, WA 98133, 206-574-8375, monica.holdridge@gmail.com

Jacobson, Jerry, PO Box 2717, Lynnwood, WA 98036, 425-745-3077, jacobsonsun@comcast.net

Kotik, Anita*, 9421 244th ST SW APT G-309, 206-909-8553, anitakotik@hotmail.com

Lansing, Amy E*, 305 241st ST SW, Bothell, WA 98021, 206-963-6655, amylansing@hotmail.com

Lariola, Stephanie M*, 5316 161st PL SW, Edmonds, WA 98026, 206-661-0959, stephaniewest20@yahoo.com

Mar, Deanna K*, 13030 Meridian Ave N, Seattle, WA 98133, 206-367-5409, dkmar528@gmail.com

Mesler, Kristin E*, 13053 20th Ave NE, Seattle, WA 98125, 206-362-3276, kristin.mesler@gmail.com

Moore, Catherine A*, 8815 200th ST SW, Edmonds, WA 98026, 425-563-3618, cam00re@aol.com

Murphy, Ruth, 2628 Hoyt Ave #28, Everett, WA 98201, 425-923-0158, majmurphy@hotmail.com

Ridge, Sharon L*, 7116 Greenwood Ave N #302, Seattle, WA 98103, 206-484-4006, sharonridge@hotmail.com

Ross, Kathy A*, 1830 NW 201st ST, Shoreline, WA 98177, 206-948-0376, richrossco@hotmail.com

* = Active Member

Member Data Changes/Additions

Anderson, Peggy, Peggy.Anderson@comcast.net

Dryer, Sue, 6556 52nd Ave NE, Seattle, WA 98115, 206-522-1362

Franklin, Sandra, 17143 133rd Ave NE Apt 368, Woodinville, WA 98072, 425-488-8543

Gary, Annalea (Jackie), benjackie@comcast.net

LeGore, Jack, 45 Pine ST #107, Edmonds, WA 98020, 425-245-8961, jlegore@aol.com

Moore, Sandra, 1730 LaBounty DR STE 3, Ferndale, WA 98248

Rieck, Mary, 14010 64th PL W, Edmonds, WA 98026, 425-745-8260, rieckjo@hotmail.com

Wagar, Dave, davewagar@outlook.com

Deceased

Bauer, Robert P, 01/16/17, Retired from Edmonds District, 16 year member.

Marriott, Mary (Ginny), 01/31/17, Retired from Edmonds District



Education Funding Forum: A Conversation with Legislators

Saturday, March 11, 2017 • 9:30 AM–11:30 AM
Shoreline Conference Center in the Shoreline Room
Legislators from the 21st and 32nd Legislative Districts
Sponsored by the Edmonds and Shoreline Education Associations
Join the conversation!
Sign up online at <https://edfundingforum.eventbrite.com>



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 13.

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.

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 Evie Nordeen, 425-775-1127.

To help with mailing our next Bulletin on May 1, call Marilyn Dauer, 425-774-7445.