

Sno-King School Retirees



November-December 2017

The SKSR Bulletin



A message from our co-president

Coming together, being together *by Cheryl Bauer*

It is October 2 as I write this, and my mind is still numb over the news out of Las Vegas. I need to write this now as I will be gone before the deadline for the newsletter. I may get a little more reflective than I would have otherwise. Between the devastation left by the hurricanes in Texas,

Florida and Puerto Rico as well as other areas, it gives me moments of grief, thoughtfulness and thankfulness. Whether the grief is man-made, as in the shooting in Las Vegas, or a natural disaster, as in the case of the hurricanes and fires, the pain and suffering are immense. But as I hear how communities and people came together regardless of politics, race, color or other biases, I am thankful and humbled by the actions of others. I do believe it is still a good world.

Now to highlight SKSR happenings: This newsletter is full of the upcoming opportunities for you to catch up with old colleagues and friends and enjoy interesting programs. On October 26, we met up at Le Bristo in south Everett for the first meeting of the year. On November 16, we go to the Universalist Church in Edmonds for our

(continued on page 2)

OFFICERS

Cheryl Bauer/Jim Siscel, Co-Presidents
Roberta Hawkins, Vice President
Jan Phillips, Secretary
Tom Hawkins, Treasurer

COMMITTEE CHAIRS

Barbara Berg, Scrapbook
Linda Fitzgerald/Keith Lindaas, Scholarships
Donna Murrish, Health
Marlene Johnson, Hospitality
Evelyn Nordeen, Sunshine
Betty Odle, Historian
Virg Rayton/Diana McQuay,
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!

Debbie Bangasser was the only member who found her name hidden in the last issue; she claimed her \$25 prize!

Our next event

November 16 - BRUNCH

by Jan Phillips, November Brunch Chair

What a way to start your day! First with a brunch hosted by SKSR. That's right: This year instead of a lunch for our scholarship gathering, we will be serving a breakfast, starting at 10:30, catered by Chef Dane. After the brunch we'll learn about the Courthouse Dogs program. Then Edmonds School District Superintendent Kristine McDuffy will give a quick update on what is happening in her district.

The Courthouse Dogs program trains dogs and handlers so they can provide a compassionate way to help traumatized victims tell their stories. The dogs work with forensic interviews, defense interviews in the courtroom, at specialty courts, for court-appointed special advocates and guardians ad litem. Regarded as "legally neutral companions," the dogs provide a calming influence and give emotional support to vulnerable witnesses. That support helps the witnesses to tell about their experiences. At a children's advocacy center, the dogs help the children relax which, in turn, helps Mike Pittis the family to relax. The children may also provide better information because of the dog's calming presence.

Both the dog and its handler undergo extensive training. In order to be a professional handler, the individual needs to be working in the legal field. The dog is trained by an assistance dog organization that is the member of the Assistance Dogs International.

In addition to Snohomish County, the Courthouse Dog program exists in King, Kitsap, Pierce, Skagit and Thurston counties. As of August 2017, there were 147 dogs in 35 states and the District of Columbia.

Come enjoy a delicious brunch and a great program!



**Make your reservation now for the November 16 Brunch
at 10:30 AM**

**the Edmonds Unitarian Universalist Church,
8109 - 224th St SW, Edmonds
\$5 per member/\$15 guest
New retirees FREE**

**RSVP by November 10 to
Jan Phillips 425-743-5034 or soccerjan@hotmail.com**

(President continued from page 1)

annual fall gathering. This time it is a brunch which will be starting at 10:30.

If you are an active member, don't miss the opportunity to submit a request for grant money for this school year. Grants need to be submitted before November 3.

Let the 2017-2018 SKSR year begin!



SKSR is still looking for a Legislative Chair and a member to serve on the WSSRA Legislative Committee. Please consider volunteering for these positions. They are very rewarding activities.

Our Legislature in action

Save The WSSRA Journal

by Rita Requa

Be sure to read the October-November-December issue of *The WSSRA Journal*, pages 1-9. You will find comprehensive information, including “The 2017 Legislative Session Update, WSSRA 2018-19 Legislative Priorities,” a challenge by Executive Director Alan Burke, the 2017 WSSRA Candidate Endorsements, a PAC report and a column by new State President Curt Horne.

Read and re-read those pages. Keep this issue

of the *Journal* in a safe place, as it contains information you can use when corresponding to legislators.

If you have already recycled this issue, go to www.wssra.org, click on “Information and Events,” click on “Publications” and find the “Oct. Nov. Dec. 2017” to download.



COLA! COLA! COLA! Where are you?

During the last legislative session, valiant efforts to reinstate some form of COLA for PERS/TRS Plans I were made. Our WSSRA lobbyists, legislative director, executive director and state legislative committee members were very diligent advocates in Olympia. They kept the issue in front of legislators and continued to educate them about equitable pensions. But it was to no avail.

A new legislative session is coming and new efforts are already incubating with stakeholders generating yet new proposals for Plans I COLA. Plans I are the only state retirement plans without a COLA.

How the system works

You know the saying about voting that goes, *Your REAL choices to choose a candidate are during the primary*. Well, the same goes for retirement-system changes. Expressing interests and concerns to the Select Committee on Pension Policy (SCPP) is where the REAL choices are.

The SCPP is made up of appointed positions representing many groups: senators, representatives, active employees, retired employees, employer groups and also, the Directors of Department of Retirement Systems and Financial Management. Legislators cannot be experts on every issue on which they are expected to act. They rely on committees to give them reliable information and recommendations. The SCPP meets monthly between sessions to formulate those recommendations.

Two proposals currently before committee

Whether a proposal is suitable for consideration is discussed at SCPP meetings. There are two current proposals offered to the SCPP by stakeholders. They consider what the profile of the Plans I members looks like. On average, Plans I members have

by Erma Snook

retained only about 75% of their purchasing power; they earn about \$26,400 annually and they have 26½ years’ experience. Below are the two ideas currently being proposed:

1. A one-time 3% increase for Plans I members retired 10 years or longer.
2. A one-time 3% increase for all Plans I members on up to \$25,000 annual income, with a cap of \$750.

Each of the proposals is a one-time shot. For example, next year if someone reached the 10th year of retirement, there would be no COLA. The second option is also one-time, but ALL Plans I members are included. However, the COLA would not apply on pension amounts exceeding \$25,000.

Neither of these plans is being recommended by SCPP yet. These are just the two SCPP is considering. Other hybrids may occur between now and January.

This is the time in the process when we have real opportunities to exert our opinions and to provide some background to SCPP members to help inform their opinions. You can make your voice heard by contacting Representative Matt Manweller, SCPP Chair, PO Box 40600, Olympia, WA 98504-0600.

Ways you can be informed

To inform yourself, if you haven’t already done so, go to www.wssra.org and click on the blue box to register to receive WSSRA’s email alerts about legislative issues that are important to us. Be ready to respond to alerts in an expedient fashion. Of course, you should continue to contact your own legislators about our retirement plan issues.

It’s the “squeaky wheels” that get the attention! If we don’t act—then who will?



Jim Siscel and Robin Randles with newest SKSR member, Virginia Cook, at the Shoreline Benefits Fair. Virginia is a Directed Studies Teacher at Shorecrest High School, working with students on functional communications, work experience skills and independent living.

Benefits Fairs

SKSR members participate in the Edmonds and Shoreline school districts' Benefits Fairs each September and in the Northshore School District Benefits Fair in November. Participants this fall included Cheryl Bauer, Linda Fitzgerald, Evie Nordeen, Robin Randles, Virg Rayton, Jim Siscel and Erma Snook.

District staffs come to the fairs to learn about health care—medical, dental and vision benefits—financial planning and other available benefits provided by Lani Hassenstab each district.

At the SKSR table, attendees receive information about our organization, especially about the active-educator grants and the winter retirement-planning seminars. Currently employed personnel are encouraged to become members to help protect their retirement benefits.



Drop in for a visit to our website!

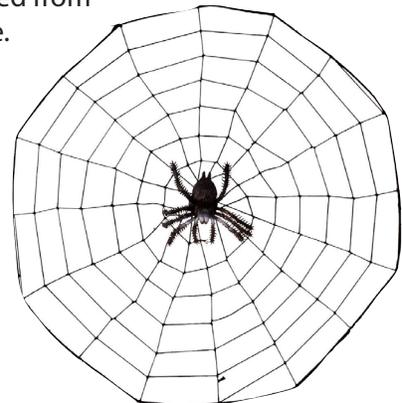
by Jim Siscel

Sometimes you might forget that we have an excellent website. Comparing it with other units' websites, it is probably in the top three. Take a look on a regular basis to see what has been updated.

- On the first page you will find a listing of the last updates with a direct link to them when you click on each item.
- Under "SKSR Executive Board" you can find the minutes of our Executive Board and General Membership meetings.
- If you can't find your latest *SKSR Bulletin*, click on "2017 Bulletins." Here you will, also, find an archive of our Bulletins back to 1999.
- "Events" has the next events that may be of interest to you—our meetings, activities and retirement seminars.
- "Legislation" has WSSRA's legislative goals, how to communicate with your legislators and your legislator's USPS mail and email addresses.
- Want to know who is currently receiving one of our SKSR scholarships and which active educators received a grant? Look at "Scholarships and Grants."

- "By-Laws and Policies" is just what it says.
- "Useful Links" has many links we can all use.
- At the bottom is "Links to Websites of Senior Citizen Interest." Many of these links can be used by our active educators as assistance for helping their parents.
- Visit "Our Trips" to journey to places that some of our members have visited; some of these travels are quite exotic. New entries have been added for 2017.
- "Activities" shows some of the service projects and field trips we have done.
- "Special News" is just that; if there is some, it will be linked from the first page.

We get requests from different organizations to list volunteer opportunities.



Sno-King as part of district

NW-1 Coordinating Council News

by Cheryl Bauer

On October 2, five SKSR members attended the NW-1 meeting in Mt. Vernon. This council meets three times a year to bring together all the Northwest local WSSRA organizations. Council Chair Richard Anderson opened the meeting with a report about two members; one of whom is our own Rita Requa who, because of her recent accident, has had to resign her position on the NW-1 Legislative Committee. The position remains open for anyone interested.

We received an update on the planning and changes for the 2018 WSSRA Convention. Our NW-1 group Dorothy Smith will assist the E-5 group by taking charge of several supporting activities.

One special item of interest was the announcement that the WSSR Board *“approved an increase in the eight scholarships offered in 2018 from \$1,500 to \$2,500. They are also recommending that the WSSRA Board of Directors increases its single scholarship (Neil Prescott Scholarship) to bring it in line with the WSSR-Foundation scholarships offered annually. During the upcoming year the trustees will study and possibly recommend adding one or more scholarships for those students planning to be school employees in a field other*

than teaching. A decision on how to proceed on this suggestion will be acted upon by the trustees for 2018-2019.”

Thanks are due in part to our own Jim Siscel, who wrote to the state organization suggesting a re-evaluation of the use of the WSSR Foundation’s funds.

Our guest speaker was Alan Burke, WSSRA Executive Director. He quickly reviewed his background, then focused on his goals to get pension improvement in the budget and to devise ways to get even more “actives” involved in our organization.

During the remainder of the meeting, we heard both state-committee and local-unit reports.

Join us for a meeting. Our next meeting is January 8, 2018, in Mt. Vernon.



Mark your datebook:
Nov. 16 - Brunch 10:30
Jan. 18 - Food Lifeline 9:00



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 page number where you found your name.
 - o Emails/post marks must be on or before December 20.

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

Health news

Alzheimer's research

by Donna Murrish

Information noted here is derived from a variety of sources, primarily from an article by Oliver Tickell of the UK for *The Ecologist*

Chances are that most of us have been touched in some manner by dementia. Perhaps a family member or a friend or colleague has some form of the disease—Alzheimer's being the most common kind.

Hundreds of drug trials have been done in our country, the UK and other countries and, in spite of occasional “breakthroughs,” nothing so far has been shown to combat the disease. Current treatments on the market, like Aricept and Namenda, only temporarily ease symptoms such as memory loss, confusion and agitation.

Alzheimer's and other dementias are dreadful diseases that appear to be irreversible, although there have been some fairly recent discoveries that tend to dispute that. Diagnosing is very important, but far more important Kimberly Copeland is to save people from getting the disease in the first place.

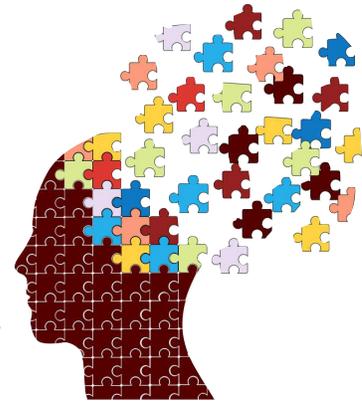
It has been amply documented that many diet and lifestyle factors can significantly reduce the incidence of Alzheimer's, and there is some evidence that research studies are beginning to focus more toward preventive measures that people can adopt in their own lives. According to Oliver Tickell in *The Ecologist*, “There are many cost-effective, scientifically robust steps that could dramatically reduce the incidence of dementia and enable elderly people to

retain their cognitive faculties, especially in the areas of diet, nutrition and lifestyle.”

A vital dementia-prevention strategy is to stay lively and mentally active.

Funding seems to be a key issue in moving more rapidly on these studies. There is a need to recognize that the answer to Alzheimer's is to stop people from getting it in the first place and that this is where resources should be focused. Tickell said, “This means investing in healthy diets, regulating health-impairing trans fats, rebuilding the social infrastructure of day centers for the elderly, training care workers in keeping ageing minds active and involved, and creating opportunities for the elderly to exercise and keep fit.” It all costs money, but as relatives of Alzheimer's victims know all too well, the cost of the disease is far more than a merely economic one.

Look on the Web under *Alzheimer's Research News* for a wealth of information on this subject. On our own website (www.sksr.org), click the *Useful Links* button on the bottom of that page. Download the file for *Links to Websites of Senior Citizen Interest*. In that file is information on Alzheimer's.



Save the date—Thursday, January 18, 2018 SKSR January Service Project



We will be volunteering on Thursday, January 18, from 9:00–11:30am, at **Food Lifeline**, a local hunger relief organization where excess food items are brought to be repackaged and distributed to local area food banks. Our job will be to repackage or sort whatever food items they have that day. After signing up, participants will be sent an email with information and details regarding location and travel. Our plan is to carpool from Aurora Village to their center in Seattle.

Sign up today by contacting Roberta Hawkins at RHawkins@aol.com or 206-546-2556, or sign up at one of our fall events.

Member Information Updates

Welcome New Members

Andrick, Rebecca L*, 16118 1st Ave NE, Bothell WA 98019, 425-214-6427, rebeccaandrick@gmail.com

Brown, Kate*, 6925 61st DR NE, Marysville, WA 98270, 425-892-3271, crimson_guppy@yahoo.com

Burkett, Joanne C*, 2903 199th PL SE, Bothell, WA 98012, 425-486-7447, stburkett@comcast.net

Cook, Veronica Lee*, 17328 Ashworth Ave N, Shoreline, WA 98133, 206-571-1318, shorelineroni@gmail.com

Denton, Bruce J*, 8409 NE 151st PL, Kenmore WA 98028, 425-408-5705, brucejdenton@gmail.com

DEntremont, Dylan M*, 1145 215th PL SE, Bothell WA 98021, 425-829-5450, dentremontdm@live.com

Dickens, Susan E*, 16517 Currie RD SE B304, Monroe, WA 98272, 425-445-7122, kukana27@gmail.com

Ducotey, Suzanne R*, 19203 3rd DR SE, Bothell, WA 98012, 206-817-0596, ducoteys@msn.com

Erickson, Tamra M*, 20011 Welch RD, Snohomish, WA 98296, 206-355-1593, tjeturtle@msn.com

Farner, Ashley*, 920 87th Ave NE, Lake Stevens, WA 98258, 425-449-3533, ashleyfarner@gmail.com

Hansen, Frances RuthAnn*, 20416 1st PL W, Lynnwood, WA 98036, 425-478-4440, francisolson@hotmail.com

Hilgers, Katrina M*, 20227 Hollyhills DR NE, Bothell WA 98011, 425-485-7012, hilgers1@comcast.net

Irving, Judith A*, 13467 Forest View Ave SE, Monroe, WA 98272, 360-348-6920, judy.irving@gmail.com

Larson, Salina M*, 11816 188th ST SE, Snohomish, WA 98296, 206-818-9553, salinalarson@gmail.com

Maslin, Wayne, PO Box 854, Duvall, WA 98019, 360-794-5606, waynemaslin@frontier.com

Mayberry, Mark E*, 7608 NE 155th, Kenmore, WA 98028, 425-408-5715, COACH.Mayberry@gmail.com

McGrew, Kara L*, 10321 NE 194th ST, Bothell WA 98011, 206-979-2821, karamegrew2@aol.com

Mitchell, Kaelani Rose*, 9403 Badke RD, Snohomish, WA 98290, 425-446-2389, kaelani.mitchell@gmail.com

Petrin, Heidi M*, 108 212th ST SE, Bothell WA 98021, 206-295-8442, Hmpetrin@gmail.com

Porchert, R Paul*, 651 Maple Street, Edmonds, WA 98020, 425-431-3083, edmondslibrarian@hotmail.com

Reid, Lisa M*, 2828 191st PL SE, Bothell WA 98012, 425-275-1874, lisareid43@gmail.com

Rogers, Karen A*, 5313 NE 180th ST, Lake Forest Park, WA 98155, 206-349-6369, joy4kr@gmail.com

Ross, Jennifer R*, 210 NW 201st ST, Shoreline, WA 98177, 206-542-5080, dean_n_jenny@yahoo.com

Schmidt, Kristina K*, 13825 173rd Ave NE, Redmond, WA 98052, 425-558-9857, pnwschmidt@outlook.com

Vancour, Michelle*, 16710 126th Ave NE, Woodinville, WA 98072, 206-399-8650, MichelleVancour@hotmail.com

Vaughan, Tina Marie*, 22619 7th DR SE, Bothell, WA 98021, 425-478-6420, t.m.vaughan@hotmail.com

White, Sarah*, 23111 NE 159th ST, Woodinville, WA 98077, 206-697-0541, swhitehawaii@gmail.com

* = Active Member

E-Mail Changes

Bangasser, Bette, bangasserb@comcast.net
Dauer, Ted, dauer.tm@gmail.com

Member Data Changes/Additions

Arnold, Ann, 15 Bronsdon ST APT A, Brighton MA 02135

Bauer, Mary, 520-780-0912

Clawson, Christine, 61 Pine Street #216, Edmonds WA 98020, 206-409-7791

Cook, Mimma, 14506 51st Ave SE, Everett, WA 98208

Dillon, Kelly, 6531 200th ST SW #104, Lynnwood, WA 98036

Erickson, Alice, 15517 112th Ave NE, Bothell, WA 98011

Gilbert, Patsy J, 18501 52nd Ave W Space #3, Lynnwood WA 98037

Hayes, Tom, 425-772-7274

Johnson, Carole, 876 Goat Trail Loop RD, Mukilteo WA 98275, 425-418-9964

Lavell, Theresa, 1505 W Horizon DR, Mukilteo, WA 98275, 425-280-6205

Lippie, Jane, 10732 Torreys Peak Way, Peyton, CO 80831 425-275-7465

Mazzoni, Jeanne, 626 Glen ST APT 302, Edmonds WA 98020, 206-992-9949

Mazzoni, William, 626 Glen ST APT 302, Edmonds WA 98020, 206-890-8750

McKenna, Catherine, 16004 Village Green DR, Mill Creek, WA 98012 5879, 425-948-7356

Rice, Carolyn, 20416 92nd Ave W, Edmonds, WA 98020

Schindler, Kathleen, 8615 238th ST SW APT A101, Edmonds, WA 98026, 425-774-3487

Wachtel, Jeanne, 17520 Linden Ave N A102, Shoreline, WA 98133

Watson, Lynda, 10875 176th Circle NE APT 1811, Redmond WA 98052

Webb, Cathy L, 15914 44th Ave W M301, Lynnwood, WA 98087

Wills, Travis, 23303 58th Ave W Apt 124, Mountlake Terrace WA 98043, 206-499-5191

Wilson, David, 17143 133rd Ave NE #317, Woodinville, WA 98072, 425-481-3176

Wilson, Marti, 17143 133rd Ave NE #317, Woodinville, WA 98072, 425-481-3176

Yoshida, Jessie C, 206-365-3606

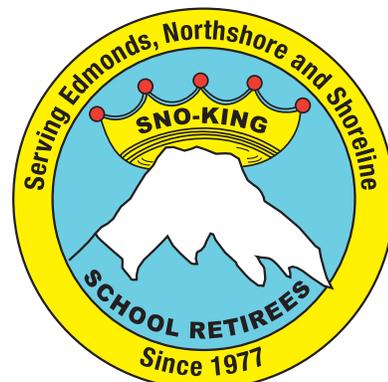
Yurina, James, 4513 NE 25th Court, Renton, WA 98059, 206-

Deceased

Creighton, Eldridge J, 21223 95th Ave W, Edmonds member since 2007 WA 98020, Edmonds, 8/23/2017

Thomas, William H, 8/2017, Member since 1997.

Wiess, Joyce, 8/10/2017 Member since 2000



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



Help us with the *Bulletin*

The deadline items for the next *Bulletin* is **December 20**.

Send news, pictures and other materials to Jo Caldwell: jo@wmea.org—425-218-8434.
Please send us news, pictures, etc., 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* **January 2**, call Marilyn Dauer, 425-774-7445.