

# Sno-King School Retirees



March-April 2018

## The SKSR Bulletin



A message from our co-president

### **A new “retirement” for me**

*by Cheryl Bauer*

**A**s we draw near to spring—my favorite time of year—I’m sitting at the computer pondering what to write. Spring can mean new beginnings, and that is what this is for me in a way. I have held an office (secretary and president) in Sno-King School Retirees for the past several years. But as I

write this, I realize it will be my last president’s message. My new beginnings will include spending more time with my grandson, doing serious downsizing and making changes to my house, and finding time to travel and visit with friends. I plan to continue on as Finance Chairman and, of course, I will still be part of the executive board. I just won’t be in charge!

Things are looking more positive all the time in this year’s legislative session. Maybe this will be the time we actually get that COLA. Please read the article on page 3 in this *Bulletin* and look for further emails detailing the progress of said legislation. A big “thank you” to Erma Snook for sending out the updates.

By the time you read this, we will have learned all about bugs

*(continued on page 3)*

#### 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  
*vacant position*, 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!



**Mary Jeppesen and Frank Halferty found their names hidden in the last issue; they claimed their \$25 prize!**

Our next events

## March 15 - NOAA Headquarters

by Tom Hawkins, March Field Trip Chair

We have set our March field trip to the NOAA headquarters at Sand Point for March 15 from 1:30 to 2:30. Due to space considerations at the NOAA facility, we will be limited to a maximum of 20 individuals.

The facility at Sand Point is the weather-forecasting site for our state. The tour will allow us to see the forecasters at work and show us much of what goes into the science of meteorology. As this is a federal facility, everyone will be required to have a valid ID with him or her. We are required to provide the list of names of those attending to NOAA Security prior to the tour, and they will check IDs as we enter the facility. Harold Hunt

As parking at the NOAA site is limited, it will be best if we carpool. We should plan to arrive at NOAA between 1:00 and 1:15 so we are all assembled and ready prior to the 1:30 tour. We will firm up the plan for carpooling as we get closer to the tour date. NOAA also advised us that in the event of a “significant weather event” on the day of our tour, they may need to cancel the tour in order to deal with the situation.



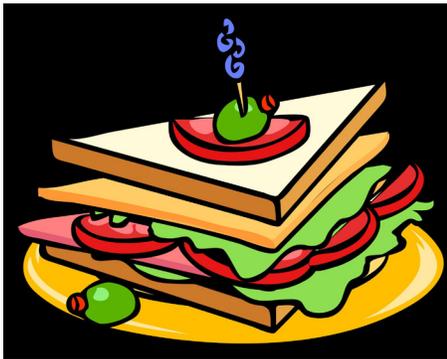
### Sign up today

E-mail Tom Hawkins at: [hamhawk@aol.com](mailto:hamhawk@aol.com) if you are interested in the tour. This will be on a first-come, first-served basis.

Our next events

## Spring Scholarship Luncheon - April 19

by Jim Siscel, April Program Chair



This will be the time to honor those students who will be receiving our SKSR 2018 Scholarships. It is always interesting to hear why they have chosen to enter the field of education. Northshore School District Superintendent Michelle Reid will give her annual report on what is happening in her school district, and WSSRA Executive Director Alan Burke will present a general WSSRA update that will include analysis of the 2018 legislative session and “next steps.”

Our meal will be catered by 76th Bistro located in Perrinville. The cost for the meal is \$5 for members and \$15 for guests. The menu consists of Caesar Salad, a selection of sandwiches and assorted cookies.

Sandwich selections include the following:

1. **Caprese Ciabatta**—Heirloom Tomatoes, Fresh Mozzarella, Basil, Arugula and Pesto Aioli
2. **Smoked Ham and Gruyere**—Thin-Sliced Smoked Ham, Gruyere Cheese, Heirloom Tomato, Lettuce and Guinness Mustard Spread, served on Montana Wheat Bread
3. **Banh Mi Wrap**—Marinated Pork Tenderloin, Pickled Daikon Radish Slaw, Jalapenos, Cilantro and Lime Crème, served in a Spinach Tortilla Wrap

This is a catered event. To make sure you get the sandwich you desire from the list above...

Contact Jim Siscel at 425-778-7202 or [asjs68@earthlink.net](mailto:asjs68@earthlink.net) no later than Friday, April 13, with your sandwich selection.

Our Legislature in action

## Contact your legislators

by Bruce Boyer, NW-1 Legislative Representative

Before I went to Olympia in former Legislative Representative Rita Requa’s place this year, she advised me to get your stories so I could convey them to the respective representatives and senators. This turned out to be a great way to show how the lack of a COLA and reduction in medical benefits have affected your life style over the past few years. Additionally, Rita’s good work and ability to share your stories have established a positive working relationship with each of the legislators in the 1st, 21st and 32nd districts over the past years. It has helped to make those senators and representatives sympathetic to our issues.

### Meetings with law makers

On Tuesday, January 23, we did some training and then attended a hearing of the Senate Ways and Means Committee for Senate bills dealing with a COLA for TRS I and PERS I members (Senate Bills 6305 and 6340). The meeting was well attended by people in support of the bills; over 20 people spoke in favor of the bills. A similar hearing had been held on the House side the previous day, where representatives from WSSRA spoke in favor of House Bill 2511.

On Wednesday and Thursday, we met with senators and representatives, or their legislative aides, from the 1st, 10th, 21st, 32nd, 38th, 39th, 40th and 44th districts.

### A slight sense of optimism

There is a sense that something positive might come out of this legislative session, but as always, money is an issue. On the House side we often heard

the phrase, “If this comes to the floor, I will support it.” As we learned last year, this may be code for,

“I don’t think it will get out of committee so I am safe saying I will support it.” I believe that many of those representatives really do understand our need for a COLA and health care benefit increase, but they need to have their constituents keep contacting them and encouraging them to do the right thing. We often heard from them that when they frequently hear from our members, they are feeling the “heat.”

On the Senate side there seemed to be more of a need to show that they can get things done this year in their chamber. It appeared to me to be more likely to get their COLA bill and health care benefit bill through the process in the Senate, which would then go over to the House to be worked through with more visibility.

### Progress through persistence

Progress is being made this year but, as in the past, this is no guarantee what the outcome will be. Everyone needs to keep in contact with their legislators to keep this issue front and center in their minds and hearts, and to help push the leaders in their chamber to embrace and forward these issues. Please continue to send messages to your legislators and encourage former colleagues and like-minded friends to do so, too.



*(President continued from page 1)*

from Master Gardener Martha Clatterbaugh at the February general meeting. I’m also looking forward to April and the annual scholarship luncheon. As usual, look for details in the *Bulletin*.

“Thank you’s” are going out to so many of you who take the time to read what we write, come to meetings and/or activities that interest you, and lend your numbers to our power in Olympia. SKSR is the second largest unit in the state, behind Yakima. You make all of that possible. I hope to see many of you at (at least) one of our future events.

**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.**

Notes from November

## Courthouse Dogs

by Jan Phillips, November Program Chair



Our November meeting featured a presentation about Courthouse Dogs. Those in attendance learned many interesting things about this program.

Courthouse Dogs, founded by deputy prosecuting attorney Ellen O'Neil Stephens and veterinarian Celeste Walsen, was started with the idea that specially trained dogs have a calming influence.

In her presentation to us, Ellen described how her idea came into being and what the program is about. She began taking her son's companion dog, Jetter, to her work at the courthouse one day a week. She found that he helped victims calm down and tell their stories. She told about a young lady on the verge of getting kicked out of a drug program. After the girl interacted with the dog, she asked the judge to have the same faith in her as the dog had. She

was allowed to stay with the program and graduated from it. In another instance, a victim told the dog, rather than people, what had happened.

Ellen spoke with her boss about how traumatized children seemed to relax as they pet the dog. Eventually, she and her boss put together the program that is now Courthouse Dogs.

The dogs are specifically bred for this job. They are one-quarter Golden Retriever and three-quarters Labrador. The minute they are born, the socialization process begins. After one and one-half years, those dogs that do well move onto the next step, that of the actual training for the job. This takes another six months. Then the handler gives the dog to a person trained in the legal field to be his or her courthouse handler. Only about 50 percent of the dogs actually

enter the field.

The dogs are allowed in courtrooms under specific guidelines so as not to influence the jury. They also help in the initial interviews of sexual abuse, as well as other traumatic events. Children are encouraged to love the dog, which helps them to calm down. This makes it is easier for the children to answer the very specific questions that are needed to be entered as evidence. Mary Lynn Potter

It took several years for their program to be accepted, but today the program is in 35 states and Canada, Great Britain and Chile.

If you missed the opportunity to hear about this amazing organization, you can go on their website, [courthousedogs.org](http://courthousedogs.org).

### Consumer Alert: Fire Extinguisher Recall

by Erma Snook

The national fire extinguisher company, Kidde, has issued a recall on its plastic-handle and push-button fire extinguisher models.

To determine whether your extinguisher(s) is/are included, you first need the model number on the extinguisher(s). Then go to [www.Kidde.com](http://www.Kidde.com) and click on the Public Safety Recall Notice box and follow instructions, or you may call the company at 1-855-271-0773 to report your model number and register for a replacement. They will give you a case number for reference.

The replacement will arrive via FedEx. Ours took a long time to arrive—don't lose hope. Upon

receipt, you will be provided with instructions on how to return your old extinguisher(s) postage free. Since it is pressurized, you

need to make an appointment with FedEx to pick it up—you cannot just drop it at FedEx site. In my case, the fire extinguisher was so old that it was too tall for the return box they provided. When I called for instructions, the service representative asked if



(continued on page 5)

## Annual Service Project

**Food Lifeline volunteers**

by Roberta Hawkins, Service Project Chair

**F**or our annual service project, nine members journeyed to Food Lifeline in south Seattle. The facility is a great improvement over the Shoreline location.

We arrived at 9:00 AM and received our briefing. After donning our aprons, gloves and hairnets, we set to work bagging cereal. We filled one-pound bags, twist tied them and placed nine bags each in boxes to be distributed to area food banks all over Puget Sound. By 11:30 at the end of our shift, we had bagged 672 one-pound bags, providing 3,360 meals. A big “thank you” to our participants.

*Left to Right: Pat Cornwall, Diana McQuay, Lynda Hughes, Chris Bailey, Judy Hewitt, Jim Siscel, Keith Lindaas, Sharon Lindaas, Virg Rayton. Other pictures can be viewed on our website, [sksr.org](http://sksr.org), under the Activities Button 2018.*



*(continued from page 4)*

I would be willing to donate it to our local fire department. She said that while Kidde has no use for millions of defunct extinguishers, fire departments can use them for training purposes. There is no requirement to return your old extinguisher.

When we took our extinguisher to the Lynnwood Fire Department, they were appreciative and they also passed along a care tip that the fire extinguisher

companies do not advertise. The fireman explained that to keep your extinguisher viable and long-lasting, you need to shake up the extinguisher or turn it upside down a few times every six months. That will keep the liquid from settling and/or solidifying over time, thereby reducing the amount of fluid available for an emergency. Bob Stokes

Be prepared! Check out your fire extinguisher(s) today!

**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 placed at various places at the ends of paragraphs** 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 make 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](mailto: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 April 13.

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



## Health news

## Keeping your resolutions all year long

by Donna Murrish



You may already know all these things, but it won't hurt to have a few reminders.

### Fruits and vegetables

First and foremost, eat more fruits and vegetables. Cover your plate with vegetables or fruit. They should occupy more plate space than your protein or pasta, rice or potatoes. One of the healthiest diets you can eat—the Omni Heart Diet—has 11 servings of fruit and vegetables a day. A serving is one piece of fruit, a half cup of cooked vegetables or one cup of raw vegetable, such as lettuce, so it's not much. Your main-dish salad could easily be four servings.

### Walking

Regular walking is good for your health, even

when you do less than the amount recommended by national guidelines. It's the most common activity for older women and men. Guidelines recommend 150 minutes per week for moderate physical activity, like brisk walking, or 75 minutes of vigorous activity for best health. So how about when it's too cold, slippery or dark to walk outdoors? Mall walking is popular with some folks, but if you'd rather stay home, here's an easy idea: March in place while you watch TV or walk around the room during the commercials. During 90 minutes of TV about 3,000 steps can be added to your day. Wear sneakers and aim for 100 to 120 steps per minute, lifting your feet about six inches. The longer you step and the higher you lift your feet, the more you'll get your heart pumping and the more calories you'll burn.

### Losing weight

Then there's the losing-weight resolution. A healthy eating pattern and exercise can help you achieve and maintain a good weight, as well as lowering cholesterol and triglyceride levels.

### Balance

Prevent falls with better balance. Try toe raises to improve your balance and lower your risk of falling. Hold on to a chair for support, then rise up on the balls of your feet. Hold for 3 to 5 seconds and then lower your heels to the floor. Once you work up to three sets of 10 each day, do one foot at a time and let go of the chair.

Good luck with keeping those good-health resolutions!

## NW-1 Report

by Jim Siscel

AMBA Representative Rhon Rutlege spoke about the AMBA benefits available to WSSRA members. He can be contacted at 360-621-3721.

WSSRA President Curt Horn was the guest speaker. He said we have power in our group because we have the numbers. We need to vote right in order to elect representatives who support education. WSSRA provides the opportunity to improve our well-being. We need to be giving of ourselves; we need to get out and meet new people. WSSRA would like to have your email. They will only contact you

if it is absolutely necessary for you to contact your legislative representatives. We must contact our legislators to let them know our feelings on actions being taken in the legislature. We are asking the legislature to replace what they have taken away—money from the PERS/TERS retirement fund and the Medicare Eligible Healthcare Benefit.

All PERS/TERS people need to make your representatives and senator aware that you need a COLA like all of the other retirement plans have.

Sno-Isle Legislative Representative Tim Knopf gave an extensive legislative report. This year we need to work on behalf of those legislators and candidates who support our needs.

Scholarship news

## Scholarship applications are ready

by Linda Fitzgerald

The Sno-King School Retirees are again offering scholarships to graduating seniors in Edmonds, Northshore and Shoreline school districts who are planning a career in education. Four scholarships, each worth \$2,000, are to be awarded. These scholarships are renewable for three more years because of the generous donation of former member Winnie Smith. To be awarded the additional scholarships, students must prove that they are making progress towards a degree that will involve working with students in a school setting.

The original scholarships will be awarded to high-school seniors based pursuing a career goal in education, school activities and community service; financial need may or may not be considered. Completed applications must be postmarked by March 20, 2018. Applications may be found in each high school's scholarship center and also on line at [www.sksr.org](http://www.sksr.org). Awardees and their families will be honored at our annual scholarship luncheon on April 19.



### 2018 Member Directory Published

Our 2018 Member Directory has been published. It was sent to those with email addresses as a PDF document and a Word document. It will be updated to those email addresses in February each year in the future. For those receiving the email copies, you can update the Word document with the updates published in the *Bulletin*. If you want a hard copy, you can print it yourself in the PDF or Word document. For those who opted to receive a hard copy of the directory, it has been mailed to you. Please shred the old copy of our directory if you are not going to save it. Kevin Rodgers

Thank you to Erma Snook for keeping our membership records and to Jim Siscel for his work with Erma on the directory.

## Member Information Updates

This area contained Membership Updates, which are not saved for the SKSR website.

*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 **April 13**.

Send news, pictures and other materials to Jo Caldwell: [jo@wmea.org](mailto:jo@wmea.org)—425-218-8434.  
Please send us news, pictures, etc., 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* **April 23**, call Marilyn Dauer, 425-774-7445.