

Sno-King School Retirees



May-June 2018

The SKSR Bulletin



A message from our co-president

We need you to step up

by Jim Siscel

Wow! Our Legislature completed its 60-day session in 60 days! In my opinion they left some important issues on the table, but this may have been because the next election is only a little over six months away. We, as retired and active educators, made some gains in the four legislative goals

of WSSRA. This was because so many of you responded to our calls to contact your legislators with your stories. Various unit legislative chairs heard from their legislators that our stories really pointed out to them our needs.

Speaking of a unit legislative chair, SKSR really needs someone to take this position on our Executive Board. See article on pages 2 and 7 in *The Bulletin* about the responsibilities of this position.

Legislators on both sides of the aisle supported us and voted for us. We need to support them in the next election. Our WSSR-PAC works very hard to support those who support us. Consider making a donation to the WSSR-PAC at wssr-pac.org. Rod Waddell.

Your Sno-King School Retirees organization needs a president-

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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!

Only Mary Lynn Potter found her name hidden in the last issue; she claimed her \$25 prize!

Our next event

May 15 - Lunch at Le Bistro with Sno-Isle

by Evie Nordeen, May Luncheon Chair

Save the date Tuesday, May 15th, 11:30 A M for our annual joint meeting with Sno-Isle.

The luncheon is always excellent...

Menu choices:

No. 1 Roasted pork loin.

No. 2 Herb-encrusted salmon.

Included with the main entre:

Spinach soup,

Roasted potatoes and

Poppy seed cake with rhubarb sauce.

Le Bistro is at the Sno-Isle Tech Skills Center, 9001 Airport Road, Everett, WA.

You won't want to miss hearing Bree Loewen, author of *My Life in Mountain Rescue* and *Found*. A past training chair and a current board member for Seattle Mountain Rescue, over the better part of two decades she has helped hundreds of injured climbers, skiers and other outdoor enthusiasts who ran into misfortune in the Cascade mountains.

She has been on more than 100 rescues in the past three years and countless more over her career. In her book, she writes about what it takes for her dedicated all-volunteer crew, both mentally and physically, to have the backs of every climber, back-country skier and hiker who head out toward Snoqualmie Pass. "However, at its core," she said, "this story could be set anywhere; it is a journey toward human connection, universal positive regard and grappling with how to be present with people in those moments when they just need someone to be with them."

Reserve your space now by contacting Evie Nordeen at 425-775-1127 or evie.nordeen@gmail.com.

Responsibilities of President-Elect, President and Legislative Chair

by Jim Siscel

If your unit is going to continue to be successful, two very important positions need to be filled for the next year. They are President-Elect and Legislative Chair. Your Sno-King School Retirees organization, the second largest in the state, needs two members to step up and volunteer for these two positions. Members of the current Executive Board have fulfilled the position of President multiple times and do not feel they should serve again. Please be assured that members of the current board will provide complete and total support to our new board members. Frank Havens

Bree Loewen

—author, climber, mountain rescue volunteer—
will speak at the luncheon.



those moments when they just need someone to be with them."

The reason for implementing a president-elect position is so a person will be in training for a year and will not have to be president for more than one year. We need a Legislative Chair to continue the work Rita Requa has done with our legislators: to continue to give them the information that we, as active and retired educators, need them to hear to support our needs.

Listed on page 7 are the responsibilities for the President-Elect, President, and Legislative Chair.

continued on page 7)

Our Legislature in action

Your advocacy led to progress

by Peter Diedrick, WSSRA Legislative Director



- 1. Changes for Plan 1 Retirees
 - a. Upon a unanimous final vote, legislators passed a 1.5% increase for TRS 1 and PERS 1 retirees. The increase stops accumulating at \$50,000 in annual pension income, meaning that any retiree earning a pension of over \$50,000 will receive a maximum increase of \$750 per year. This benefit will take effect July 1st.
 - b. Plan 1 minimum benefit levels will increase by 3% on July 1st. The Basic Minimum Benefit that all Plan 1 retirees are entitled to will go from \$57.50 per month, per year of service credit to \$59.89 per year of service credit. The Alternative Minimum Benefit for retirees who have been retired at least 20 years (with 25 years of service) will increase to \$1,902 per month.
- 2. Changes for Plan 2 and 3 Retirees
 - a. Retirees in Plans 2 and 3 will receive an inflation-based COLA on July 1st.
 - b. HB 1560 would have made the defined-benefit pension in Plan 2 the default pension option for new school employees who do not pick a retirement plan. The bill passed the House but died in the Senate. The Senate Ways and Means Committee chair requested it be sent back to the Select Committee on Pension Policy for additional work in the 2018 legislative interim.

- 3. Improvements for All TRS, SERS, & PERS Retirees
 - The increase in the Medicare-Eligible Healthcare Benefit to \$168 will help all school retirees over the age of 65 who participate in PEBB Medical Insurance. This benefit increase takes effect January 1, 2019, and will help cushion against any rate increases in PEBB next year.
- 4. The Legislature made the full actuarially recommended pension payment to the pension funds. This is important for getting the unfunded liability in TRS 1 and PERS 1 paid off. Skipped payments in the 1990s and 2000s caused much of the shortfall in the first place.
- 5. Intangibles and Next Steps
 - School retirees made progress this year in ways that are hard to quantify. It is clear that your messaging is getting through to legislators. All 147 of them talked about the barrage of retirees who have been contacting them about pension and healthcare benefits. Also, we had big advocacy efforts from legislators in both political parties. You deserve bipartisan support on your issues, and this year you got it.

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.

(President continued from page 1)

elect. Several members of the current Executive Board have served multiple years as president. We want to implement a president-elect position to ensure a person serves only one year as president. I know that there are members who can fulfill the one year as president-elect learning how the Executive Board works and then one year leading the Executive Board and our unit. Please look at the list on page 7 in *The Bulletin* about the responsibilities of both positions: President-Elect and President.

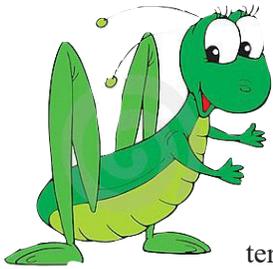
Read about our upcoming May joint luncheon sponsored by Sno-Isle unit at le Bistro Restaurant. Be sure to respond to Evie Nordeen if you want to attend. We are limited to 32 attendees. Renita Ng

Ten members will be traveling to the annual WSSRA Convention in Wenatchee the first week of June. There is an invitation to attend on page 5 in *The Bulletin*. Our annual Planning Retreat will be July 13th, and we welcome your joining us to help plan for next year.

Notes from February's program

A new respect for bugs

by Rita Requa, February Program Chair



Those who attended the February 15 general meeting were treated to an interesting and entertaining presentation of "Bugs: Good, Bad and Beneficial" by Martha Clatterbaugh. Martha is a retired Shoreline teacher, Master Gardener and a world traveler.

Her presentation included facts, slides and a Q&A. Being a teacher, Martha started with what makes a critter a bug: six legs, three body parts and wings. She included slides of destructive and beneficial bugs in her presentation. Of the millions of insects in the world, only 1% to 5% of insects are destructive (ex. apple maggot), but that 1% to 5%

destroy 10% of the world's food.

One of the most interesting beneficial bugs is the honeybee and their ability to communicate with other bees in the hive. The bees perform a Waggle Dance, which is a term used in beekeeping and ethology for a particular figure-eight dance of the honey bee. By performing this dance, successful foragers can share, with other members of the colony, information about the direction and distance to patches of flowers yielding nectar and pollen, to water sources or to new nest sides. Watch this YouTube clip for actual footage of the Waggle Dance and an explanation of what is going on in the Waggle Dance.

<https://www.youtube.com/watch?v=-7ijl-g4jHg>

After the meeting, many had a new respect for bugs, both bad and beneficial.

Bug Resources

compiled by Martha Clatterbaugh

An enormous amount of helpful information on insects is available on the Internet. Below are some web sites that may be particularly interesting or helpful.

Excellent free booklet to download from WSU (Beneficial Insects, Spiders, and Mites in Your Garden: Who they are and how to get them to stay):

<https://pubs.wsu.edu/ItemDetail.aspx?ProductID=15656&SeriesCode=&CategoryID=&Keyword=EM067E>

Good Bug photo guide from King County:

<http://hazwastehelp.org/ChemToxPesticides/goodbug.aspx>

Native bee resources:

<http://extension.wsu.edu/snohomish/garden/gardening-resources/bees-and-beekeeping/native-bees/>

The Xerxes Society for Invertebrate Conservation:

<https://xerces.org/>

US Forest Service web site on pollinators:

<https://www.fs.fed.us/wildflowers/pollinators/>

Honeybee waggle dance videos with explanations:

<https://www.smithsonianmag.com/videos/category/science/whats-the-waggle-dance-and-why-do-honeybees-do-it/>

<https://www.youtube.com/watch?v=-7ijl-g4jHg>

Hints of tool use in bumblebees (with video):

<http://www.sciencemag.org/news/2016/10/hints-tool-use-culture-seen-bumble-bees>



Save the Date • July 19, 11:30-3:00
SKSR Annual Picnic • Edmonds City Park



Trip to NOAA: Bronlea Mishler, WX Forecaster Brent Bower, Tom Hawkins, Whiz Potter, Marilyn Dauer, Mary Lynn Potter, Roberta Hawkins, Ted Dauer, Cheryl Bauer, Barb Bumgardner, Pat Lofton, Priscilla Strand, Paul Hipke and Virg Rayton.



An invitation to attend the WSSRA Convention

by Cheryl Bauer

The annual gathering for the Washington State School Retirees Association will be this year's convention on June 4, 5, 6 in Wenatchee. There is sharing of information, meeting new and old friends (like your high school business teacher), eating great food and enjoying good entertainment. And the price is

right. For the most part, it is free!

Each year we are allotted a certain number of delegates (30 this year) and have budgeted for about 15. Please contact Cheryl Bauer 425 743-9755 (bauercl@frontier.com) or any other board member for further information. We'd love to some new attendees joining us this year.



NW-1 Report

by Jim Siscel

Six SKSR members attended the NW-1 Coordinating Council meeting in Mt. Vernon on March 19th. NW-1 is the support unit for the WSSRA Convention in June. At the convention, Evie Nordeen will be playing the piano for the Celebration of Life program.

NW-1 Representative Bev Smith's report included a Bylaw change to dissolve the state Outreach Committee. Phil Nelson

WSSRA Legislative Director Peter Diedrick briefed us on the recent conclusion to the 2018 Legislative session.

The four unit presidents brought us up to date on what has been happening in each unit.

There was discussion about the reading of scholarship applications sent to NW-1 for WSSRA-Foundation scholarships. SKSR did not have any applications from our area.

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 -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 June 13.

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



Health news

What to know about the new Shingles vaccine

by Donna Murrish

A new shingles vaccine has been developed that will probably replace the current “Zostavax” which has been the sole defense against shingles since 2006.

Shingles strikes nearly one in three adults during their lifetime. It is a painful, blistering rash that occurs when the chickenpox virus reawakens later in life. Almost all adults over age 40 carry this virus. Shingles can last two to four weeks, but about one in five people with it develop postherpetic neuralgia (PHN) nerve pain that can linger for months or even years.

The protection of the current vaccine, Zostavax, is limited and drops significantly as we get older, when the risk of shingles rises. Says the Center for Disease Control and Prevention (CDC), “its effectiveness appears to last just five years.”

There is now a new vaccine called “Shingrix,” which is a two-shot vaccine and appears to provide substantially long and persistent protection. According to clinical trials, Shingrix contains a substance that helps the immune system respond more strongly to the vaccine and confers 97% protection for people in their 50s and 60s and about 91% protection for those in their 70s and 80s.

Who should have it and when?

Last October the Advisory Committee on Immunization Practices, which advises the CDC, said people should get Shingrix starting at age 50, opt for Shingrix instead of Zostavax, and get Shingrix

even if they already had Zostavax. (The CDC was expected to publish these recommendations last month.) The two shots are to be given two to six months apart.

Side effects

Like all vaccines, Shingrix may have side effects. It seems more likely than Zostavax to cause pain during injection and for up to three days afterward. Other common but temporary side effects include injection-site redness and swelling, muscle pain, fatigue, headache, shivering, fever, and upset stomach.

Long-term safety

Shingrix was tested on 16,600 adults, but its real-world use has been limited so far. The manufacturer will be conducting more safety and efficacy studies over the next few years. “As with any drug approved on the basis of

studies in only thousands, strict post-marketing surveillance studies have to be agreed upon, with severe penalties for irregularities.” (Marvin M. Lipman, M.D. for Consumer Reports)

Next steps

If you are 50 or older, talk to your doctor about Shingrix, even if you’ve had Shingles. Please note that it may take some time for insurance, especially Medicare, to catch up to the new CDC recommendations. So the \$280 total cost for the two shots may not be covered right away.

Source: The March 2018 issue of ‘Consumer Reports on Health’



Retirement Seminars attract 538

Five-hundred thirty-eight participants attended the 2018 Retirement Seminars in February and March. Many attended more than one session. The seminars were presented by the Edmonds School District with the support of SKSR. ESD’s Monica Carlson coordinated

presenters for the four sessions. Appreciation is extended to SKSR members who assisted chair Jim Sisco: Cheryl Bauer, Barbara Berg, Barb Bumgardner, Jan Phillips, Virg Rayton and Erma Snook.

(Responsibilities, continued from page 2)

A. Responsibilities of Sno-King President-Elect

1. Assist the president in preparation to become president the following year.

B. Responsibilities of Sno-King President

1. Preside at all meetings or designate a presiding officer.
2. Designate all committees and appoint, with the approval of the Executive Board, the chairs.
3. Be an ex-officio member of all committees (except the Nominating and Audit Committees).
4. Call special meetings of one or more committees when necessary.
5. Appoint Ad Hoc Committees when necessary.
6. Make an annual report to the WSSRA, state association.
7. Perform all other duties usually prescribed for this office, including but not required:
 - a. Attend WSSRA Convention in June
 - b. Attend three regional meetings in Mount Vernon in October, January and March.
8. Review and approve public communication: articles, e-mail notices to membership, etc.

C. Responsibilities of Sno-King Legislative Chair

1. Be informed regarding legislative issues of members. The WSSRA office is the number one resource. Other resources are the members of the Legislative Committee from NW-1 area.
2. Establish relationships and contacts with legislators of these three legislative districts: 1st, 21st and 32nd. Currently all of these legislators are supportive of education.
3. Write articles as needed for the SKSR *Bulletin*.
4. Attend SKSR executive Board meetings (monthly, except June and December)
5. Attend the 3 NW-1 meetings, in Mt. Vernon. (Transportation via carpools)
6. Attend two Legislative Committee meetings—two days each (Tuesday afternoon to Thursday around noon) in Olympia as established by the State Legislative Committee. (Usually in January and February or March.) Training is given by WSSRA staff. Hotel, meals and mileage are paid by WSSRA.
7. Make appointments with legislators of the 1st, 21st and 32nd districts for these days.
8. Team up with other Legislative Committee members from NW-1 area when meeting with Legislators.

Member Information Updates

Welcome New Members

Alessi, Abbey C*, 11244 Greenwood Ave N, Seattle WA 98133, 206-949-8574, casadeab@comcast.net

Allsop-Fine, Sarah B*, 20120 60 Ave W Unit A2, Lynnwood, WA 98036, 425-508-7041, alsofine@gmail.com

Edmundson, Kieran L*, 21110 77th PL W #102, Edmonds WA 98026, 425-967-3170, Kierane123@gmail.com

Havens, Frank, 5410 143rd PL SW, Edmonds, WA 98026, 425-967-3021, radar0893@aol.com

Holden, Melinda, 703 169th St SW, Lynnwood WA 98037, 509-308-8242

Ide, Don R*, 4805 180th St SW F107, Lynnwood, WA 98037, 509-952-0238

Osborne, Karyn, 9619 242nd PL SW, Edmonds, WA, 98020, 206-629-4680, kosborne@net-venture.com

Poier, Julie, 16502 14th DR SE, Mill Creek, WA 98012, 425-337-3272, juliepoier@comcast.net

Sevig, Paul W, 5730 S Creosote Drive, Gold Canyon, AZ 85118, 253-307-0996, psevig@gmail.com

Taylor, Michael L*, 2609 242nd PL SE, Bothell WA 98021, 425-485-4746, MLtaylor5@yahoo.com

Member Data Changes/Additions

Davis, Tom, 2725 E Fir ST Unit 98, Mount Vernon WA 98273

Foltz, Richard, 22579 SE 45th ST #1, Issaquah WA 98029

Greenland, Christy, thelakelady@me.com

Guthrie-Mehlert, Karen, 31176 N Orange Blossom Circle, San Tan Valley, AZ 85143 (Residence)

Hertzberg, Dianne, dhertzberg2017@gmail.com

McLeod, Nelsie, 20623 88th Ave W, Edmonds, WA 98026

Peterson, Kathleen, 206-399-5538

Pintler, Gail, 2503 NE 176th St, Ridgefield WA 98642, 425-478-3074

Potts, Sharon, 1724 Amherst Ct, Anchorage AK 99508, 206-595-7187

Rice, Carolyn, 20416 90th Ave W, Edmonds WA 98020

Deceased:

Bradshaw, Darryl, 3/2018, 23 year member, Shoreline retiree

Heuchert, Dorothy, 2/2018, 22 yr. member, Retired from Shoreline

Olson, Mamie C, 3/7/2018, 26 year member, Retired from Edmonds

Simons, Mary Ann, 2/2018, 30 yr. member, Retired from Edmonds

Stroud, Patricia A, 3/2018, 4 year member, District unknown

Van Cleve, Rita, 2/2018, 19 yr. member, District unknown

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 **June 13**.

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* **July 3**, call Marilyn Dauer, 425-774-7445.