

Sno-King School Retirees



November-December 2018

The SKSR Bulletin



A message from our president

Check out ways to be involved

by Jim Siscel

Shortly after receiving this edition of *The Bulletin*, the 2018 election season will have concluded and our email folders will have, hopefully, stopped receiving so many political messages. We will be able to focus on those items that are truly important to us. The Legislation section of our website will have the updated contact

information of our newly elected legislators. This is a good time to contact them about concerns regarding our retirement benefits.

On page 2 is a notice about our brunch on Thursday, November 15th. Please consider attending and RSVP to Donna Murrish.

Your board has decided to change our service project to an organization located in our area. The drive to south Seattle to help Food Lifeline was rather hectic because of the traffic we encountered. Read about this new project on page 4.

I want to thank Robin Randles for agreeing to contact our volunteers for our SKSR Bulletin foldings. She will be emailing and calling those who have previously said they would help. If you would like to add your name to the list, please contact her at 206-542-6428 or robinrandles@cmug.com.

Our member survey was somewhat successful. If you haven't filled one out, you can find a copy on our website, under 2019 Bulletins. After completing it, sent it to Erma Snook. The item that most people responded about liking was our newsletter, *The Bulletin*. Those living out of area really appreciate it. A big THANK YOU to our editor, Jo Caldwell. I receive newsletters from other WSSRA units and ours is at the top of those distributed.

Please have a safe and enjoyable Thanksgiving and Holiday Season.

OFFICERS

Jim Siscel, President
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
Karen McElliott, Active Member Grants
Rita Requa, Legislative
Jim Siscel, Membership/Retirement/Website
Erma Snook, Membership Records
Jo Caldwell, Bulletin Editor

Our next event

November 15–Brunch at Edmonds Unitarian Church

by Donna Murrish, Chair



Whether you’re a seasoned traveler or still just thinking about making that trip, please join us for an early brunch on November 15. We’ll meet and greet at 9:00; brunch will be served at 9:30.

AAA Alderwood will present a very informative program **Travel Talk: Travel 101**. AAA Travel is North America’s largest leisure travel agency. They can take care of all your travel needs, domestically and internationally—from a weekend getaway to a “bucket list” dream vacation and everything in between. Cruises/River Cruises/Vacation Packages/Guided Vacations
Luxury Travel/And More

We’ll meet at Edmonds Unitarian Church, where our scholarship luncheons are held. You can choose either a Broccoli/Cheddar Quiche or Quiche Lorraine.

Since this is being catered, we’ll need your reservation by November 9.

Please call Donna Murrish at 206-363-5753 or email donnamurrish@comcast.net OR send in the form below.

Make your reservation by November 9 for the November 15 Brunch
Edmonds Unitarian Church
8109 – 224th Ave SW, Edmonds, WA
\$5 per member, \$15 for guests

Your name _____

Guest’s name(s) (if any) _____

_____ Broccoli/Cheddar Quiche _____ Quiche Lorraine

Send the form and your check made payable to SKSR by Nov. 9
OR pay when you arrive.

Mail form to:
Donna Murrish
11227 Goodwin Way NE, Seattle, WA 98125

Mark your calendar: March 28 for our field trip to the University of Washington for a guided tour of the Husky Crew facilities. You’ll see both the old (Boys in the Boat) crew house and the UW’s new crew facility, with lots of memorabilia, including the famous shell that won the 1936 Olympic Gold Medal.
(more information in the next Bulletin)



Our Legislature in action

Vote and Tell

by Rita Requa

Ballots were mailed October 17, three weeks before Election Day. Be sure to mail in your ballot by November 6.

WSSRA has made number of endorsements. Here are some of them;

1st DISTRICT:

House Position 1:

Derek Stanford

House Position 2:

Shelley Kloba

21st DISTRICT::

Senate:

Marko Liias

House Position 1:

Strom Peterson

House Position 2:

Lillian Ortiz-Self

32nd DISTRICT:

Senate:

Maralyn Chase

House Position 1:

Cindy Ryu

38th DISTRICT::

Senate:

John McCoy

House Position 1:

June Robinson

House Position 2:

Mike Sells

44th DISTRICT::

Senate:

Steve Hobbs

House Position 1:

John Lovick

48th DISTRICT::

Senate:

David Frockt

House Position 1:

Gary Pollet

House Position 2:

Javier Valdez

A complete list of WSSRA Legislative Endorsements can be found on the website: wssra.org, click on *Legislative* for that list.

After the election, contact the winners, congratulate them for winning and tell them your story, for example tell about your loss of purchasing power, increase of insurance premiums, etc. You may highlight some of the WSSRA Legislative priorities, which are listed in the next column.

**You should
have your
Voters'
Pamphlet
and your
ballot.**



**Be sure
to send
in your
ballot
by Nov.
6.**

WSSRA Legislative priorities:



TRS 1 & PERS 1 Pension Recovery.

- Plan 1 retirees have had one Cost of Living Adjustment since 2010. Plan 1 retirees have lost up to 33% of their purchasing power due to inflation. In 2018, the Washington State Legislature granted a one-time 1.5% COLA; however, inflation is expected to be 3.3% in 2018. Therefore, retirees continue to lose money.

Restore Retiree Healthcare Benefits.

- The Legislature lowered the Medicare Healthcare Benefit from \$183 to \$150 in 2011. In 2018 we successfully lobbied for an increase to \$168 per month. Restoring the Medical Benefit to \$183 per month will mitigate against the loss of purchasing power from increasing healthcare premiums.

Expand and Equalizes the Full Retirement Age in Plans 2 & 3

- The current full-retirement age in Plans 2 & 3 is age 65. Employees can leave at age 62 but are penalized for working part-time in schools or local governments. We are advocating for eliminating those work penalties, as well as dropping the retirement age to 60—similar to public-safety employees.

Make the Actuarially Recommended Payment to the State Pension Funds.

- TRS 1 & PERS 1 are underfunded due to past skipped payments by the state. Plans 2 & 3 are fully funded. Making the recommended payments will keep all three plans on track.

Protect Retirees in Transition to New Health Providers.

- The State has created a School Employee Benefits Board (SEBB) and is studying the possibility of removing school retirees from the Public Employees Benefits Board (PEBB) and putting them in new plans under the SEBB. Any changes must maintain or improve current benefits.

January 4 Service Project

Service Project: Washington Kids in Transition

by Jim Siscel, Project Chair

The move of the Food Lifeline Facility to South Seattle took it out of our volunteer range because of the traffic getting to and from the new location.

After much research, we have found a new organization to use for our service project. Your board feels it is another excellent project for our members. It is Washington Kids in Transition, which is a volunteer organization committed to providing basic needs to homeless children residing in Washington state.

There are over 1,200 children in South Snohomish County alone who are considered homeless.

Food is a necessity for growth and learning. The organization provides food to the children each day after school. Some of the children will not have another meal from the time they leave school until

they come back to school the next day. The food is distributed on the bus for them to take home.

There are 13 dedicated buses that carry 250 homeless children needing 250 small food bags each day after school. Last year, the organization distributed 32,000 small bags of food.

Our Service Project will be to fill bags with three food items for these children.

We will be purchasing items for the bags from donations received at our October Brunch and November Lunch and a donation from our unit funds. If you unable to attend one of the above activities and would like to send a donation to our treasurer, Tom Hawkins, please do so by December 1st. His address is 9630 236th Place SW, Edmonds WA 98020. Please indicate the funds are for Washington Kids in Transition.



When and where will the Service Project occur?
Saturday, January 4th, from 10:00 AM to Noon
Edmonds United Methodist Church
828 Caspers St, Edmonds

*We would like to invite our **active educators** to join with your retired educator friends for this Service Project. Please contact Jim Siscel at 425-778-7202 or asjs68@earthlink.net by Friday, December 28th if you would like to participate.

Member Information Updates

Deceased

Fortin, Margaret H,
Deceased 8/13/2018,
Retired from Shoreline,
21-year member

New Members

Allard, LeeAnn*
Anderson, Paul*
Andrews, Julia*

Bailey, Sandra*
D’Ahmed, Jocelyn*
Dennis, Timothy J
Grover, Matthew O*
Haasl, Carol
Hartley, Camille*
Jacobson, Kathleen
Jordan, Kathleen
Jordan, Thomas
Korf, Clarence*
Ledford, Hertha

Lewis, Priscilla E*
Lyons, Carol*
McQuade, Luke
Nielsen, Rebecca
O’Brien, Debbie A*
Park, Kari*
Randall, Maril K*
Rao, Susan R*
Van Horne, Lisa*
Yamamoto, Wendy*
*=active member

Winnie Smith Memorial Update for 2018-19

Winnie Smith Scholarships

by Keith Lindaas, Scholarship Co-Chair

Brent Johnson (Meadowdale HS), Katherine Lydin (Shorewood HS), Emilie Mathiason (Meadowdale HS), Alayna Nickel (Edmonds-Woodway HS) and Olivia Riener (Woodinville HS) are receiving their first Winnie Smith scholarships.

Brent is a sophomore at Pacific Lutheran University and is a music education major. He said, "The environment is nurturing and I am learning a lot from my professors." Brent was one of two first-year students in the Choir of the West and continues to take voice and piano lessons. He is grateful for our support.

Kate is a student at Western Washington University. She is undecided whether to pursue elementary or secondary education, but either degree will allow her to fulfill her goal of providing an environment for children to feel safe and free to share their thoughts without judgement. Kate thanks us for our support in helping her reach her goal.

Emilie is also attending Western Washington University. She has applied to the Woodring College of Education and plans on becoming a special edu-

cation teacher. Emilie has volunteered in a class of first-through-sixth graders in the special education department at Everson Elementary and has found it very meaningful. She thanks the Sno-King Retirees for all that we have done for her.

Alayna is a second year student at BYU - Idaho. She is returning from a two-year mission trip and is excited to be pursuing her goal of becoming an elementary teacher.

Olivia is attending WWU this year and plans on a dual major of Elementary Education/Special Education. Last year she was placed in a local elementary school once a week, where she worked with third- through sixth-grade special education students. It was a highlight of her week and further assured her that teaching is what she wants to do with her life.



Fall Benefits Fairs

On Wednesday, September 12, both the Edmonds and Shoreline school districts held their Benefits Fairs for their district employees. SKSR participated at each with a table to inform the employees of the benefits of belonging to WSSRA/SKSR. Thanks to

Don Denton, Roberta Hawkins, Donna Murrish, Evie Nordeen, Virg Rayton, Rita Requa, Priscilla Strand and Jim Siscel for manning the tables.

Between the two fairs, we gained 11 new members, the most we have ever added at the Benefits Fairs. One of the ben-

efits for new members joining at an approved membership event is receiving a \$10 rebate on their first year's membership.

On November 4th, SKSR will have a table at the Northshore School District Benefits Fair.

Recommending New Members

New members help to make SKSR and WSSRA stronger when working for our retirement benefits. A large membership is important because Membership = Money = Power = Influence on the Leg-

islature = Change. Each member who recommends a new member will receive the same items that the new member receives, a key chain flashlight and a stylus pen. We continue to hear about how

our little flashlight has come in handy when the power goes out. The stylus pen is great for those of us with fumbly fingers using our smart phones.

Health news

The flu season cometh!

by Donna Murrish

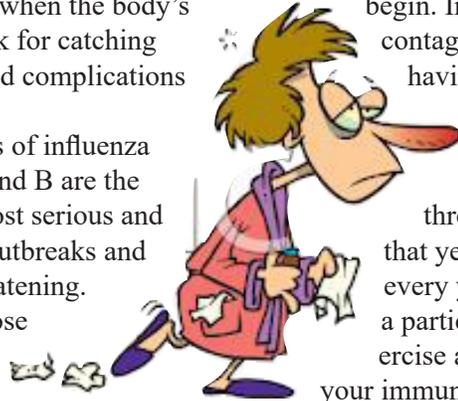
Once again the flu season is upon us. Although the flu can happen anytime, October through March is said to be “the flu season.” With that comes a yearly reminder to get a flu shot. If you’re 65+, the flu can be more dangerous because as our body ages, so, too, does our immune system. Regardless of your current health, when the body’s defense system declines, the risk for catching the flu and developing flu-related complications increases.

There are three main groups of influenza viruses – A, B and C. Types A and B are the most common. Type A is the most serious and is known to cause widespread outbreaks and diseases. It can also be life-threatening.

Symptoms of a cold and those of the flu are similar but are more severe when it’s the flu.

Unlike a cold, the flu occurs with a sudden onset of symptoms. Fever is high, a headache is very common, stuffy, runny nose and sometimes sneezing, severe cough, severe aches and pains, fatigue, sometimes a sore throat, extreme exhaustion; symptoms can last several weeks.

If you experience any of these symptoms, drink lots of fluids, get plenty of rest, and use over-the-counter meds for specific symptoms, but be sure to



ask your doctor or pharmacist for recommendations to avoid overlapping ingredients or interactions with any current prescriptions you may be taking.

If you have the flu, you are contagious from at least a day before you begin to experience symptoms up through five days after the symptoms begin. In more severe cases you could be contagious for up to 10 days after you begin having symptoms.

To lessen the chances of getting sick in the first place, get a flu vaccine! Each shot protects against three to four different flu viruses within that year’s flu season. There is a new vaccine every year depending upon the flu strains for a particular year. Healthy eating, regular exercise and plenty of rest will help strengthen your immune system for fighting off viruses too.

Frequent hand-washing helps prevent the spread of germs and viruses.

So get that flu shot! It doesn’t matter where you get it, but young children and older folks should get the shot early. Some of you may say you’ve done that in the past and came down with the flu anyway. That can happen, but chances are good that the symptoms will be less severe if you’ve had the shot.

One More Note: A previous health bulletin talked about the new shingles vaccine, Shingrix. If you’ve tried in vain to get this shot, the reason is because the vaccine is very popular and not enough of it was made. If you can find a pharmacy that has a wait list, it would probably be a good idea to put your name on it.

A retiree’s last trip to Costco...

Yesterday I was at Costco buying a large bag of Purina dog chow for my loyal pet, Necco, the Wonder Dog, which weighs 191 pounds. I was in the check-out line when a woman behind me asked if I had a dog.

What did she think, that I had an elephant?

So because I’m retired and have little to do, on impulse I told her that no, I didn’t have a dog, I was starting the Purina Diet again. I added that I probably shouldn’t because I ended up in the hospital last time, but that I’d lost 50 pounds

before I awakened in an intensive care ward with tubes coming out of most of my orifices and IVs in both arms.

I told her that it was essentially a Perfect Diet and that the way that it works is that you load your jacket pockets with Purina Nuggets and simply eat one or two every time you feel hungry. The food is nutritionally complete so it works well and I was going to try it again. (I have to mention here that practically everyone in line was now enthralled with my story.)

(continued on next page)

Report from NW-1

Northwest 1 Council Report

by Donna Murrish

On October 1, three SKSR board members attended the NW-1 regional meeting in Mt. Vernon. Council co-chairs this year are Bruce Boyer and Joanne Jones. Bruce called the meeting to order and announced that past WSSRA President Rick Nebeker, who has ALS, is currently in a Walla Walla nursing home. A card for him was signed by all present.

Reports were given by NW-1 representative Ken Harvey, WSSRA President Linda Averill and WSSRA Foundation Trustee Marianne Harvey. Some of the highlights of their reports included the following:

The Great Wolf Lodge in Centralia has been added as a new location in the rotation for WSSRA conventions. The 2021 convention is scheduled there.

The new Outreach Committee needs input from members regarding ideas for that committee. If the committee is important to you, be sure to send your thoughts to the Journal.

The Neil Prescott Scholarship is being changed to a student-teaching or internship scholarship. For the WSSRA Scholarship, each unit was asked to talk about this and get back to the Coordinating Council for a motion in January.

Guest speaker Executive Director Alan Burke talked about WSSRA's legislative and membership goals and about the coming elections. He said that there is concern as to the sustainability of this year's school employees' salary increases, some as much as 20%. He reported that on October 16 there will



be a Pension Policy meeting in Olympia. Of the 16 pension systems, 14 of them receive COLAS. The two that don't are TRS1 and PERS1. He makes sure the pension board hears that loud and clear. The office needs email addresses. There are 17,000+ members and they have only just over 5,000 addresses. He mentioned that our unit is doing well in this regard. His priority this year is to attend all the Benefit Fairs. He recommended that units invite new AMBA manager Jeff Burgess to attend one of their meetings. Mr. Burgess lives in Washington and works just in Washington.

The remainder of the meeting was devoted to state-committee and local-unit reports. A proposal that will come up at convention will be to change coordinating council meetings from three to two a year. We were encouraged to support candidates who support retired school employees. Our lobbyists say that the most effective weapon in their arsenal is to hand legislators first-hand accounts written by members about what life has been like without a COLA. Personal accounts can be sent to your legislator or emailed to your WSSRA Legislative Committee members.

The next NW-1 council meeting is scheduled for January 14, 2019.

(continued from previous page)

Horrified, she asked if I ended up in intensive care because the dog food poisoned me. I told her no, I stopped to pee on a fire hydrant and a car hit me.

I thought the guy behind her was going to have a heart attack he was laughing so hard.

Costco won't let me shop there anymore.

Better watch what you ask retired people. They have all the time in the world to think of crazy things to say.

Washington State
Health Care Authority

PEBB open enrollment
begins November 1.
All 2019 forms will be available
on November 1.

Check out the information at
www.hca.wa.gov/employee-retiree-benefits/open-enrollment



Help us with the *Bulletin*

The deadline items for the next *Bulletin* is **December 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* **January 8**, contact Robin Randles, 206-542-6428 or Robinrandles@cmug.com