

Sno-King School Retirees



September-October 2018

The SKSR Bulletin



A message from our president

Beginning a new year

by Jim Siscel

Welcome to our 2018-19 year. Your SKSR Board met on Friday, July 13, to plan an interesting variety of events for the coming year. Our October luncheon will be at Le Bistro on October 25 (information on page 2); on November 15th we will have a brunch at the Edmonds Unitarian Universalist Church.

We still need someone to fill our president-elect position. Rita Requa has agreed to continue as our legislative chairperson. She will not be going to Olympia, but she will be working with the other legislative representatives from the NW-1 Coordinating Council to give you the most up-to-date legislative information.

The primary election has passed. Please be sure to vote in the general election. The WSSR-PAC did not endorse candidates for the primary, but will endorse for the general. They endorse candidates on both sides of the aisle who support education and educator-retirement issues. Please consider making a donation to the WSSR-PAC at wssr-pac.org. We need to support those candidates who support our issues.

Diana McQuay resigned as our Grants Chairperson for personal reasons. We appreciate her work this past year. I asked Karen McElliott to fill the position as Grants Chairperson and she agreed. The board will be working with her to ensure that our excellent grants program continues. Active teachers, look for the article about this year's grants program later in the *Bulletin* or in our website, www.sksr.org/grants-information.html. If you are one of our active educators and we haven't been in your building for a while, tell your principal about our organization and ask if we could come and share information with your staff about our organization and our grants

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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

October 25–Sno-King Luncheon

by Rita Requa, Chair



“Read all about it!”

You won’t want to miss this!

Come and hear Everett Herald Reporter Noah Haglund speak about the changing news industry and local news events.

We’ll meet at 11:30; lunch will be served at noon. The luncheon will be held at LeBistro Cafe at the Sno-Isle Tech Center at 9001 Airport Road, South Everett, near Paine Field and the Boeing plant.

Our meal will be prepared the Culinary Arts students, who always provide delicious food for us. Because there is a new chef at LeBistro, we won’t have menu choices available until October 1. We will email you the selections then, and you can choose your favorite. If you receive your *Bulletin* by mail, please call Rita Requa at 206-363-5220 after October 1, and she will give you the choices.

The cost is \$5 for members, \$15 for guests.

In addition to Mr. Haglund, Shoreline Superintendent Rebeca Miner will give a district update. We hope you will be able to join us on October 25th for this first event of the year.

Please reserve your space by contacting:

rrequa@comcast.net

no later than Friday, October 19.

Are you a new retiree?

Please let us know if you retired this year. If so, we want to invite you to participate in all of our activities. As a new retiree, you can attend our luncheons for FREE; the normal \$5 charge will be waived through our May luncheon. Please contact Jim Siscel, asjs68@earthlink.net or 425-778-7202, so he can put you on the guest list for our luncheon activities.

Confidentiality of SKSR Membership Directory

This is our annual reminder to our membership to treat the information in our membership directory carefully and to take prudent actions to safeguard it. We are expected to restrict the distribution and use of such information to contacts with our members and official business. It may not be used for any commercial or political solicitation.

SKSR Board July Retreat

By Roberta Hawkins

At 9:00 am on a sunny July morning, 12 members of the SKSR Board and unit member Karen McElliott held its annual planning retreat at the Edmonds School District Center. The goal was to review the past year and plan for 2018-2019. President Jim Siscel distributed updated SKSR operating information and then led into our main business items: committee reports, 2017-2018 closing budget review and proposed budget for 2018-2019, suggestions and assignments for activities and events for the new year. Proposed by-laws revisions and edits were examined. The board recommended that the proposed by-laws be sent to the members attending the picnic for approval. Following lunch, discussion on proposed budget items and a final vote on the budget concluded at 1:30. The group was satisfied that it achieved the goals for the day and with members’ support the board is ready for an interesting year ahead.

Our Legislature in action

VOTE November 6

by Rita Requa

Results of the primary election are in. Here are the candidates who will be on the November ballot.

1st DISTRICT:

House Position 1:

Derek Stanford Incumbent (D), Josh Colver (R)

House Position 2:

Shelley Kloba Incumbent (D), Debra Blodgett (R)

21st DISTRICT:

Senate:

Marko Liias Incumbent (D), Mario Lotmore (R)

House Position 1:

Strom Peterson Incumbent (D), Amy Schaper (R)

House Position 2:

Lillian Ortiz-Self Incumbent (D), Petra Bigea (R)

32nd DISTRICT:

Senate:

Maralyn Chase Incumbent (D), Jesse Salomon (R)

House Position 1:

Cindy Ryu Incumbent (D), Diodato Boucsiguez (R)

House Position 2 - Open Seat:

Laure Davis (D), Frank Deisler (R)



From the WSSRA website:

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.

After dissecting the budget and all the bills that were passed late, we will begin preparing for the 2019 Legislative Session. Important interim lobbying will take place at the Select Committee on Pension Policy, Governor Inslee's Office and on the campaign trail, all of which is to lay the groundwork for the 2019 session to make sure your concerns are represented in the 2019-2021 operating budget.

What the Legislature provided retirees this year is an improvement, but not what retirees requested or what you deserved to receive. We'll keep up the fight until retirees get the medical and pension benefits they need to live a comfortable, dignified retirement.

The general election is **NOVEMBER 6.**

Ballots will be mailed three weeks before Election Day. Be sure to vote and mail in your ballot.

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program. If your principal is interested let me know, and I will contact her/him.

We have been giving new members a keychain flashlight. We are adding to this a nice ballpoint pen with stylus on the top. If you are currently a member and recruit a new member, you will receive the flashlight and pen as well. WSSRA is adding to this a \$10 rebate for new members when they join. That means that new members receive a flashlight, a pen and \$10.

The proposed changes to the SKSR By-Laws and SKSR Scholarship Fund By-Laws were approved at the July picnic. The SKSR Board will review the By-Laws Appendix and Policies-and-Procedures documents at the September 13th board meeting. Remember all members are invited to attend and participate in these meetings.

PUNS FOR EDUCATED MINDS

1. The fattest knight at King Arthur's round table was Sir Cumference. He acquired his size from too much pi.
2. I thought I saw an eye-doctor on an Alaskan island, but it turned out to be an optical Aleutian.
3. She was only a whisky-maker, but he loved her still.
4. A rubber-band pistol was confiscated from an algebra class, because it was a weapon of math disruption.
5. No matter how much you push the envelope, it'll still be stationery.
6. A dog gave birth to puppies near the road and was cited for littering.

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Report from previous activity

July picnic a success

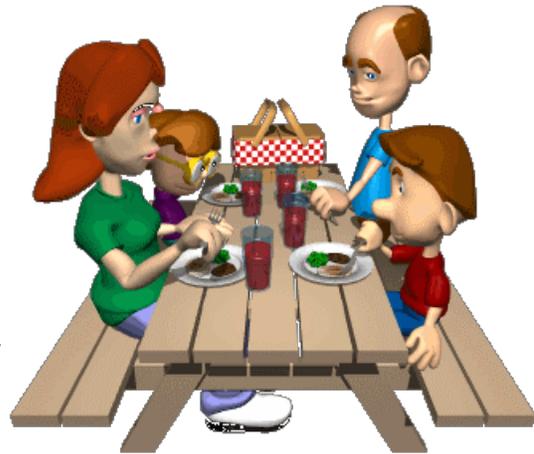
by Jim Siscel, picnic chair

Our annual picnic was a success with 28 members and guests present. The weather was breezy, cloudy and cool. We enjoyed Jan Phillips' BBQ meatballs, fresh veggies, summer fruit, rolls and cookies along with hot coffee, lemonade and iced tea. The casual setting provided ample opportunity for conversation for those in attendance.

New WSSRA President Linda Averill installed the unit officers and delivered a message that included an up-to-date list of WSSRA's goals for next year. She also talked about how the organization will go forward to meet those goals. SKSR Legislative Chair Rita Requa passed out WSSR-PAC donation forms to members. Donations to the PAC will help legislators who are supportive of WSSRA's goals.

President Jim Siscel introduced SKSR grant recipient Mark Mayberry, PE teacher at Canyon Creek Elementary in the Northshore School District, who reported on his use of grant money in his classroom. Following Mark's presentation, Jim read emails from eight other teachers telling how our grants helped in their classrooms.

We appreciate those who helped with set-up, wiping down tables, serving of food and clean-up.



SKSR grant winner Mark Mayberry reported how the mats he purchased are protecting the floor of the gym and allowing more time for using the equipment that is placed on the mats. He pointed out that the purchases made with our grants are used for more than just the year that they are acquired.

Following the installation of unit officers, WSSRA President Linda Averill (second from left) is pictured with SKSR President Jim Siscel, Treasurer Tom Hawkins, Vice President Roberta Hawkins and Secretary Jan Phillips.

Grant application information appears on page 7 of this publication



Winnie Smith Memorial Update for 2018-19 Ongoing support for future teachers

by Keith Lindaas, Scholarship Co-Chair

Brian Dang (Shorewood HS), Kaelah Gendron (Edmonds-Woodway HS) and Brionna Osgood (Meadowdale HS) are receiving their final scholarships from SKSR.

Brian is a senior at the University of Washington where he is majoring in English and drama. He believes that critical writing is how we discover literature, how its constructs affect us and how this line of inquiry is what enables storytellers to become more effective. Brian closes by stating that our thoughts and ideas deserve to be heard; he hopes to support this by becoming a teacher.

Kaelah is also at the UW, majoring in general biology. She says that in the past three years she has made strong connections with a few of her professors. Seeing their enthusiasm for teaching has made Kaelah more excited about continuing to becoming a part of the incredible teaching community. Kaelah concludes by saying, "As a proud Husky, I take my learning very seriously; I have a 3.80 GPA and am on the Dean's List."

Brionna is in the Woodring School of Education at Western Washington University and is majoring in elementary education. She says that her most rewarding class so far has been her practicum, where she has been working with six to eight middle-school students in an intervention history class. She thanks us again for this amazing scholarship.

** The Winnie Smith Memorial Scholarships are possible because of money the former Edmonds teacher left to SKSR in her will.*



Emma Enga (Meadowdale HS) and Shelbie Knowles (Lynnwood HS) are in their third year of college.

Emma is attending Western Washington University and is majoring in chemistry/biology. She has been working in the tutoring center and finds it very rewarding, saying it's almost like having her own classroom. Emma states that her experience at the tutoring center has made her more confident in her path to becoming a teacher. She thanks us for supporting her education and says it really makes a world of difference.

Shelbie transferred from Shoreline CC to Northwest University this past school year. She was accepted into the College of Education at Northwest University and is on track to graduate in two years. Shelbie continues to get practice with teaching Sunday school classes and in her dance classes. She closes by saying, "I'm so grateful to the SKSR for supporting me throughout my journey. Thank you so much!"

Changes in publication

You may have noticed that Member Information Updates posted in each issue of the *Bulletin* have become abbreviated. No longer are we able to include contact information changes for new or current members—no addresses, phone numbers or email addresses. This is due to our interest in maintaining the privacy of our members and to adhere to the WSSRA policy.

However, we continue to maintain an up-to-date member directory for just our members at all times. You received a new copy in February 2018. Although we will post only names in the member changes in the *Bulletin*, we can always email you a new, updated copy at any time you wish to request one. In addition, we will continue to email an updated copy annually, usually in February of each year. To request a copy of the member directory, contact Erma Snook at egsnook@comcast.net.

Member Information Updates

Welcome New Members

**Gretta Cary
Rebecca Edy
Mary Merlino**

Deceased

**Greg Waddle, 7/3/18,
Nortshore Retiree,
13-year member**

Health news

Is it safe to eat lettuce?

by Donna Murrish - The information used in this article is taken from the most recent issues of *Consumer Reports* and *CR on Health*.

You may recall that earlier this year there was an E-coli outbreak involving romaine lettuce. It was one of the worst foodborne illness outbreaks in recent history and, although it is now over, the Center for Disease Control and Prevention still doesn't know exactly how the bacteria got into the lettuce. That makes preventing future outbreaks much more difficult.

You may well be wondering if it's safe to eat lettuce again. During an E-coli outbreak, it's best to avoid romaine. Following the outbreak, be sure to know the source of the romaine you purchase.

Spinach, romaine lettuce, Swiss chard, kale and other leafy greens are among the healthiest foods you can eat. Besides being very high in Vitamin K (helps blood to clot) and folate (a type of Vitamin B important for cell division which is key to the body's ability to heal itself), scientists have linked leafy greens to a lower risk of many chronic diseases.

We know leafy greens are beneficial for good health, and we also know that they've been a cause of food-poisoning outbreaks. During an outbreak you'll want to avoid eating them, but most of the time the risk is lower. You can stay on top of news about outbreaks and safety alerts at fda.gov/safety/recalls/default.htm or on Twitter@FDAfood.

It is very difficult to remove bacteria from leafy greens "but if you cook the greens until they are fully wilted, they're likely to have been heated enough to be safe."



Some suggestions:

- As a side dish, any type of green can be saute'ed with olive oil, lemon and garlic; or maybe take some sturdier greens such as kale or chard, and pour a warm vinaigrette dressing over them.
- Boiling leafy greens can leach some of their glucosinolates into the water, so a quick steam or stir-fry would be best.
- For other greens, such as spinach, cooking enhances their nutrition quotient. Spinach contains calcium and iron. Quickly blanching spinach is one way to make the calcium and iron available for the body to use.
- Add greens to soups, omelets and other egg dishes or toss them into your pasta-cooking water a couple of minutes before draining the pasta.
- Use a food processor to finely chop greens and then mix them into turkey burgers, meatloaf, meatballs or casseroles.
- Throw a handful of spinach or kale leaves into the blender when you're making a fruit smoothie. The fruit will mask the somewhat bitter taste of the greens.
- Add pure'ed spinach leaves to brownies, muffins or pancake batter.

What's being done? Consumer Reports, with other consumer and food-safety groups, is calling on the Food and Drug Administration to propose requirements for comprehensive and rapid traceability of produce.

What you can do: Sign Consumer Report's petition telling the FDA to modernize its system for tracking contaminated produce, at CR.org/romaine.



APPLICATION PERIOD NOW OPEN FOR EDUCATOR GRANTS

If you are an SKSR member who is actively employed in any school-employee group that interfaces with students in Edmonds, Northshore or Shoreline school districts, you qualify to make application for an SKSR grant of up to \$250 to facilitate

your work with those students. Innovative members in the past have used their funds for such things as field trips, art materials, STEM books, computer programs, PE equipment, educational games, visiting experts, etc.

Applications are due by November 1. Here's how to make your application:

Go to the following page on the SKSR website: <http://www.sksr.org/grants-information.html>. Download the file, copy and paste the application on the second page, and fill out the application.

Submitting your applications

When you have completed the application, email it to Grants Chair Karen McElliott at ksmcelllott@gmail.com.

Notification

Recipients will be notified before Thanksgiving and checks will be delivered in December and January.

Eligibility

If you have interested colleagues who are not yet members of SKSR, please direct them to the SKSR website, where they can find information about joining.

MORE PUNS FOR EDUCATED MINDS

7. A grenade thrown into a kitchen in France would result in Linoleum Blownapart.
8. Two silk worms had a race. They ended up in a tie.
9. A hole has been found in the nudist-camp wall. The police are looking into it.
10. Time flies like an arrow. Fruit flies like a banana.

11. Atheism is a non-prophet organization.
12. Two hats were hanging on a hat rack in the hallway. One hat said to the other: 'You stay here; I'll go on a head.'
13. I wondered why the baseball kept getting bigger. Then it hit me.
14. A sign on the lawn at a drug rehab center said: 'Keep off the Grass.'
15. The midget fortune-teller who escaped from prison was a small medium at large.

*Sno-King School Retirees
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Seattle WA 98133-0962*



Help us with the *Bulletin*

The deadline items for the next *Bulletin* is **October 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* **October 29**, call Marilyn Dauer, 425-774-7445.