

Sno-King School Retirees



May-June 2019

The SKSR Bulletin



A message from our president

What's happening...

by Jim Siscel

I sit here wondering if our Legislature will do our Plan 1 Retirees right or will pass them by again. I have been reading some documents from the 1980s that Donna Murrish and I found at Betty Odle's house after she passed away. A Plan 1 COLA has been a problem for years. It was given once and then taken away. Now

the House has totally endorsed a one-time 3% COLA given over two years and a return to \$183 for PEBB in the House budget. But the Senate refused to put these two items in the its budget. What do we need to do to get them to understand the plight of our oldest retirees and those who receive the smallest retirement checks?

SKSR continues to be the second largest unit in WSSRA with 1,439 members. In October 1985, SKSR had 282 members. Our unit continues to grow because of our active members (those who are still teaching). As of April 1, 2019, we have 396 active members, an increase of 39 since July 1, 2018.

Do you have copies of our *SKSR Bulletin* from the 1990s saved in a back closet? I am digitizing our earlier Bulletins for our website. In the SKSR archives I found those from the years 1983 to 1990. Now I'm looking for 1991 to 1999. Please contact me if you have any of these issues.

The following members have been nominated as our officers for next year: President—no candidate; Vice-President—Roberta Hawkins; Secretary—Jan Phillips; Treasurer—Tom Hawkins. The election will occur at the May luncheon.

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



Visit us on the web:
sksr.org

Our next event

July 18—Annual picnic

by Jim Siscel

Mark your calendar...

- **Thursday, July 18**
- **Edmonds City Park**
- **11:30 Meet & Greet**
- **12:00 Meal served**

Jan Phillips will be cooking her BBQ meat balls to go along with other picnic foods.

- **Active members and grant recipients...**

This is an opportunity for all members to visit with each other and for our grant recipients to share how they used the money they received to enhance the learning in their classrooms.



Member Information Updates

New Members

Bressler, Diane	Sepessy, Lona L*
Dack, Kelly J*	Smidt, Jennifer A*
Juzeler, Suzanne	Spiller, Elaine
Miller, Fernell L*	Swenson, Krista L*
Murphy, Kathy	Webb, Kelly K*
Robertson, Andrea M*	Zackey, Erin E*
Schwitters, Leora	*=active member

Deceased

Arthur E. Day, 2/2019
Retired Northshore, Member since 1996

Warren Rowe, 3/11/2019
Retired Edmonds

Alyce T. Wiggins, 3/03/2019
Retired Edmonds, Member since 1985/86

From our field trip

Trip to the UW Crew facilities

by Linda Fitzgerald, Chair

On April 28th, 31 members of SKSR visited the University of Washington Crew facilities.



It was a beautiful day with buds popping out on the trees, and the lake as smooth as glass under the bright sun.

Most of us had read the book *Boys in the Boat* by Daniel Brown, which tells the story of the UW winning a gold medal for the USA in the 1936 Olympic Games in front of Adolph Hitler. We were looking forward to seeing the actual building that was their home, so we began there—the ASUW Shell House, located on the Montlake Cut. Built in 1905, the building was used as a Navy seaplane training hangar until 1920 when the crew team took it over. George Pocock built their shells in the attic. As we entered the cavernous wooden structure, we were met with several old shells as well as numerous pictures of early times in this building, including some of George Pocock at work. Many photographs, some being life-sized, of the “boys” hung around the large room. We took many pictures of Joe Rantz and his fellow teammates.

The building is under renovation at this time and, since it has been named an historical site, much care is being taken to keep the original feeling of this large wooden structure. The plan is to return it to what it looked like, with large doors that go out to the water and the Montlake Cut. As everyone who has read the book is hoping, there is a plan for

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Our Legislature in action

So far...no COLA for Plan 1 retirees

message from the Benton/Franklin School Retirees' April newsletter
with editing by Jim Siscoel

The 3% COLA for TRS1/PERS1 is in bad shape at this point (end of April).

We wanted HB1390 passed in the House Appropriations and SB5400 passed in the Senate Ways and Means Committees. Neither happened, but the House came back with an amendment in our favor which kept the bill alive in the House budget, passing it 98-0.

Senate Ways and Means and Senator Jeff Holy proposed an amendment in our favor, and Senator Maureen Walsh spoke on the floor in favor. but in the final vote in the Senate, all of the Republicans voted *Yea*, and all the Democrats voted *Nay*. This means it will not be included in the Senate budget to be negotiated with the House budget and the Governor's budget.

Senator Christine Rolfes
(Ways and Means chair)
and Senator Steve Conway
(SCPP board)



both voted *Nay*. We can email the governor to plead our case, and keep after Rolfes and Conway to make another amendment in our favor. This is a long shot, but we must keep after them to end this 10-year nightmare.

We must continue to let them know of this "terrible unfairness" to TRS1/PERS1 retirees with the only pension plan with no COLA while all other retirement plans have a COLA.

(UW field trip continued from page 2)

a movie based on the book, but it is a few years from coming to the screen. The university is expecting many visitors to the area when the film does emerge; the plan is for the renovation of this structure to be finished by that time.

Following the visit to the ASUW Shell House, we walked around Husky Stadium and along Lake Washington to our next facility—the Conibear Shell House. The crew facilities were moved from the Cut in 1949 to the present site, which was remodeled and reopened in 2005. This is a beautiful building with glass and light coming in and shining off the

many trophies from the Husky program. Hanging from the ceiling is the Husky Clipper, the shell the "boys" used in the 1936 Olympics to win the gold medal for the University of Washington.

We proceeded through the women's crew area, to the workout room with many sliding rowing machines used for practice, and then down to the lake and the storage of the present-day shells. We could picture the excitement as shells are placed in the water before a race. As we walked back to the parking lot, we were able to continue to enjoy the day, having learned much of the history of this premier rowing program.



Our April event

Spring Scholarship Luncheon

by Evie Nordeen, Chair

*Then came the lovely spring with a rush of blossoms and music,
Flooding the earth with flowers, and the air with melodies vernal.*

Longfellow, Tales of a Wayside Inn

Flowers and music marked the April 4th Spring Scholarship Luncheon at the new SKSR location of First Lutheran Church of Richmond Beach. Thirty-seven members plus four scholarship recipients and their family members enjoyed Chef Dane's catered lasagna, salad, rolls and dessert.

Linda Fitzgerald and Keith Lindaas introduced the four honored scholarship winners, who provided inspiration to those in attendance. In addition, updates were given concerning previous scholarship individuals in our program.

The Sixth-Grade Honor Choir from Syre Elementary School provided musical highlights. SKSR active member Robyn Clapper led

the Shoreline School District's talented, disciplined choir. Elementary principal Michelle Carroll, also an SKSR member, gave an excellent presentation on "Elementary Education in 2019."

The event provided a delightful introduction to spring on a perfect, sunny day.



Health News

Colonoscopy preparation

by Donna Murrish, Health Chair

Source: December 2018 Mayo Clinic Health Letter

A colonoscopy can be a lifesaving screening test for colon cancer. However, among the discomforts of having this procedure is drinking the large amount of laxative solution in preparation for it. This often-uncomfortable aspect is that the large intestine needs to be empty and clean in order for the procedure to be most effective.

Until fairly recently, the main bowel prep product involved drinking 2 to 4 liters (64 to 128 oz) of a somewhat salty tasting fluid over a short time. Several new products have since been developed that require drinking significantly less fluid.

*Prepopik comes in a 10-ounce dose that you drink along with 64 ounces of a clear liquid of your choice.

*Suprep comes in a 12-ounce dose that you drink along with 84 ounces of a clear liquid.

*Plenvu, which is the latest product, comes in a 32-ounce dose that you drink in addition to at least 32 ounces of a clear liquid.

There is also a nonprescription option that involves using polyethylene glycol (Miralax), followed by an electrolyte-containing drink such as Gatorade. However, this doesn't work as effectively as prescription preparations, and actually might cost more depending on your medication coverage.

With any colon prep laxative, a "split dose" is often recommended. This means drinking just half of the laxative in one sitting, with the other half taken later in the day or the morning of the procedure. This can help make even high-volume bowel prep solutions more tolerable.

Downsides of the low-volume prep solutions are that they aren't recommended for those with heart, kidney or liver disease. This may prevent many older adults from using them. Besides that, low-volume solutions are more expensive. Whatever prep you do, it's important to know that it will involve a significant amount of fluid, which drives the cleaning-out process.

You can make whatever you have to drink more tolerable by:

- Chilling the drink.

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Scholarship report

Future educators awarded scholarships

by Linda Fitzgerald, Scholarship Co-Chair

SKSR Unit 23 awarded scholarships, each totaling \$2000, to four graduating seniors who will be pursuing degrees in education. The students were honored at a luncheon on April 4th, where those in attendance were able to hear from them about their future plans and meet their families. After meeting them, it's obvious that they will each add positively to their school communities.

Amanda Dorgan will be graduating from Lynnwood High School and attending Western Washington University in the fall with plans to be a math teacher. Her grades are spectacular, and she challenged herself with five AP classes. In addition, she played in the school orchestra all four years and took part in two school musicals and six plays. Participating in three years of soccer, one year of cross country, and food and blood drives, along with helping at her elementary school and being involved with children at her church kept her very busy. Amanda was described by one teacher as “inspiring and unstoppable”; her career in teaching will definitely inspire others.

Another orchestra student who avidly studies violin, plays in her school orchestra and has played in the Cascade Youth Symphony is **Shannon Rhodes** from Shorecrest High School. Shannon will attend the University of Washington next year and has been admitted to the honors program where she will pursue a K-8 teaching certificate. Besides track and cross country at Shorecrest, Shannon has been involved in the Muslim Student Association, is a leader in the Bible Study Club which meets at lunch, and has helped freshmen as a Link Leader. She has worked at both the Kumon Tutoring Center and King County Library Study Zone as a tutor. Both of her recommendations say she is a team player and believe she will be a successful teacher.

Amanda Stanley, a student at Lynnwood High School, will be attending the University of Washington in the fall with the goal of becoming a teacher for deaf children. Her goal was inspired by her volunteer work as a camp counselor at a camp for deaf children. Another music student, Amanda has been involved in the wind ensemble while in high school. She has participated in cross country and track. Doing seasonal work at Macy's, being a crew member at Funtastic Playtorium, and serving as a substitute teacher at

SKSR 2019 Scholarship Winners

L-R: Shannon Rhodes, Amanda Dorgan, Nomin Ulziisaikhan, Amanda Stanley



Bright Horizons have also kept her busy. Her teachers say that she is consistent in her performance and will persevere with any material she doesn't understand. She will be an asset to any school community she joins.

Nomin Ulziisaikhan is a full-time Running Start student attending Edmonds Community College and will be graduating from both Meadowdale High School and ECC in June. She will be attending the University of Washington-Bothell or the University of Washington-Seattle in the fall where she will pursue bachelor's and master's degrees in teaching. While at Meadowdale, she has been involved in Varsity Tennis and National Honor Society. Since beginning at the community college, Nomin has become active in student government, student committees and panels, and several clubs, making her an integral part of her college community. Nomin has been a volunteer at a public library and at the Seattle-Mongolian Non-Profit Tennis Summer Camp and has served as an assistant tennis coach at Meadowdale. Her employment has included being a tutor at ECC and a bookkeeper at a local business. Nomin is a leader with a bright future as a teacher.

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- Drinking through a straw or plugging your nose.
- Adding powdered flavor—but avoid green or red powders.
- Sucking on a lemon or hard candy or chewing gum between glasses.



photo by Jeff Parsons

Help us with the *Bulletin*

The deadline items for the next *Bulletin* is **June 13**.

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 1**, contact Robin Randles, 206-542-6428 or Robinrandles@cmug.com