

Sno-King School Retirees



September-October 2019

The SKSR Bulletin



A message from our immediate past president

What's happening...

by Jim Siscel

As was indicated in our last *Bulletin*, we do not have a president for this year. Your board decided to have the board members individually pick a month to run the board meeting and other activities during the month selected. Because I had all of the information needed for our planning retreat, I took August. Details

about the retreat, including our plans for the coming year are on page 7.

We had an excellent annual picnic with six active teachers telling us how they used the grant money they received. You can read about it on pages 4 and 5.

At our October and November activities, we will be asking for donations to purchase snacks for our January service project, Washington Kids in Transition. The money that was donated last year purchased many servings for these homeless elementary-through high-school children to have each day. Each serving consists of a salty snack, a sweet snack and a granola bar.

Your assistance is needed: Please volunteer

You saw the following last month and, as no one has volunteered, I'm running it again.

We need help in the months ahead when we have to plan additional activities. Please contact me (asjs68@earthlink.net or 425-778-7202) if you are interested in assisting with any of the activity months, and I will put you in contact with the board member who will be leading during that month. Individual board members may also be calling to ask for your assistance.

The board members absolutely need your assistance during the

(continued on Page 2)

OFFICERS

vacant, 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
vacant, Legislative
Jim Siscel, Membership/Retirement/Website
Erma Snook, Membership Records
Jo Caldwell, Bulletin Editor

Our next event
by Cheryl Bauer

October 17 luncheon will feature Elder Law speaker

The first event of the year is our annual October luncheon at le Bistro, which is part of the Sno-Isle Tech Center at 9001 Airport Road in south Everett (across from Paine Field.) The date is Thursday, October 17, with meet and visit at 11:30 and lunch being served at 12:00.

We are excited to have Nikki Leith from the Sanders Law Group of Edmonds come to speak to us about issues having to do with Elder Law. We also hope to have the superintendent from Shoreline give us an update on happenings in that district.

The choice of entree items include the following:

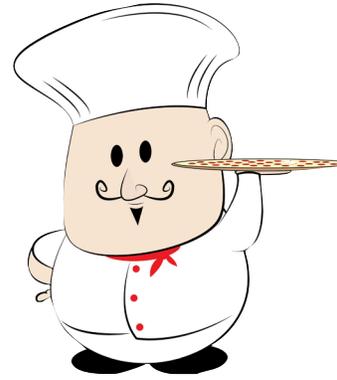
- 1.) braised beef short ribs w/ roasted root vegetables and Yukon gold mashed potatoes, or
- 2.) chicken dijon w/ roasted root vegetables and Yukon gold mashed potatoes.

Please let Cheryl Bauer know if you plan to attend and what you want to eat.

Email her at bauercl@frontier.com, text using mobile number 425-244-1709, or call her home phone at 425 743-9755.

The cost is \$5.00 for members and \$10 for guests, which can be paid at the door. We are again subsidizing the cost of the luncheon as a thank you to our members.

Please respond to Cheryl by Friday, October 11.



(president continued from Page 1)

months they will be leading YOUR organization,

Here is a list of what will be happening each month and the board member(s) who are in charge:

September—Board meeting, Jim Siscel

October—Board meeting and luncheon with speaker at Le Bistro, Cheryl Bauer

November—Board meeting and luncheon with speaker at First Lutheran Church, Cheryl Bauer and Jan Phillips

January—Board Meeting and Kids in Transition Service Project, Virg Rayton

February—Board Meeting and General Meeting with speaker, Roberta Hawkins

March—Board Meeting and Field Trip, Karen McEl-liott

April—Board Meeting and Scholarship Luncheon at First Lutheran Church, Linda Fitzgerald and Keith Lindaas

May—Board meeting and joint meeting with Sno-Isle. They do the planning, Evie Nordeen

July—Board meeting and Picnic, Jan Phillips

Another way that you can help is by writing a report of an activity you are attending. The person in charge will ask your assistance prior to the start of the activity, so you can take notes.

Thank you for any assistance you can provide.

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.

Member Information Updates

New Members

Kevin Berry	Craig Lawrence
Susan Berry	Louise Palmer

Deceased

Dean Kimble, 6/2019
Shoreline Member since 1996

Marian Kinch, 7/2019
Shoreline Member since 1992

George Soltman, 7/2019
Shoreline Member since 1985

News from Olympia
by Jim Siscel

Changes coming to your Health Care Benefits under WSHCA

The Public Employees Benefits Board has voted on retiree insurance rates for the 2020 Plan Year. Some important observations are below:

- The PEBB Board approved the Medicare Eligible Healthcare Subsidy at the full level authorized by law, which is \$183 per month or 50% of the premium, whichever is less.
- Rate increases for the Uniform Medical Medicare Supplemental plan are forecast at \$7.45 per person, per month, after application of the new subsidy level.
- Rate increases for Uniform Classic pre-Medicare Retirees are \$5.00 per person, per month.
- Continued increases in the insurance plans were blamed on prescription drug prices.
- The resolutions adopting the plan premiums passed on narrow 4-3 and 5-2 votes. The resolution to provide the full Medicare Subsidy passed on a unanimous 7-0 basis.

Did you know that there is a quarterly newsletter for members covered by the Washington State Health Care Authority (WSHCA)? It can be found on-line at <https://www.hca.wa.gov/pebb-programs-june-your-benefit-newsletter-0>

Directions to receive this publication electronically can be found on the last page of the June issue at the above website.

SKSR member Avis Schwab honored for service during Vietnam War



Who were the Donut Dollies of WWI, WWII, Korea and Vietnam? They were dedicated, hardworking Red Cross Supplemental Recreation Activities Volunteers.

In Vietnam most of the young women, after receiving their degrees from college, volunteered to serve one year in a hostile combat zone. They asked for nothing in return, and they received nothing in return: no benefits, no medical, nothing towards a retirement. Many volunteered out of a sense of adventure, out of curiosity, or duty and honor to serve the soldiers in country. They breathed the same stinking, stagnant air of death. They walked through Agent Orange and drank

the same polluted water as our soldiers. They were shot at on the ground and out of the air, as they flew in helicopters from camp to camp, taking fun and games to our soldiers plus – donuts.

On July 23rd the United State Volunteers Joint Service Command recognized one of our SKSR members for being an unsung hero as a Vietnam Donut Dollie with an honorary commission to Colonel. Our very own Donut Dollie is Avis Schwab.

Just for fun...Tips with English grammar:

1. Don't abbrev.
2. Check to see if you any words out.
3. Be carefully to use adjectives and adverbs correct.
4. About sentence fragments.
5. When dangling, don't use participles.
6. Don't use no double negatives.
7. Each pronoun agres with their antecedent.
8. Just between you and I, you must use the objective case.

Our July event

Annual picnic held in Edmonds City Park

by Jim Siscel

On a day that started out threatening, the weather turned mostly sunny in time for our annual picnic at Edmonds City Park. Twenty-eight members and three guests enjoyed Jan Phillips' BBQ meatballs and other picnic fare at the July 18 event.

Six active members told how they used money from the grants received in their classroom.

New board officers were installed.

WSSRA Executive Director Alan Burke gave a brief update on the results of the completed Legislative session and encouraged all members to continue to contact their legislators about the need for a Plan 1 Cola.

Kay Bishop, NW-1 Representative to the WSSRA Executive Board, installs officers for the coming year: Vice-President Roberta Hawkins, Secretary Jan Phillips and Treasurer Tom Hawkins. Because there is no president for the coming year, the SKSR Board members will be running the unit.



(in the photo below) Roberta Hawkins presents gifts to Jim Siscel and Cheryl Bauer on behalf of the membership. Jim and Cheryl have served as unit president for the past several years.



People on fixed incomes in King and Snohomish counties are being priced out of their homes by property taxes.

This bill changes the senior property tax exemption and deferral income thresholds to base eligibility on each county's median household income instead of using statewide income thresholds that don't take into account the high cost of living in our area. This law helps more people in King and Snohomish counties qualify for tax exemptions and deferrals.

In King County if your household combined disposable income is \$58,422 or below, and in Snohomish County if your household combined disposable income is \$55,742 or below, you qualify for the exemption. You will be exempt from all regular property taxes on the greater of \$60,000, or 60 percent of the valuation of the residence.

If you meet the disposable income requirements above you must file a claim with your county assessor to receive the exception.

Property Tax Relief

By Jim Siscel

Senate Bill 5160, an important bill to provide property tax relief for seniors, persons with disabilities, and veterans living in areas with a high cost of living, was passed during the last legislative session.

SKSR Grants update

Grant winners share ideas; new grant applications ready

by Karen McElliott

Amy Rust, kindergarten teacher at Seaview Elementary, Edmonds, used her grant to support the school's continuing implementation of Stephen Covey's *the Leader in Me* and *the Seven Habits*. The grant monies were used in four evening events involving family members and a spring Leadership Day and Open House.

Mark Mayberry, Canyon Park Elementary, Northshore, P. E. specialist, used his grant to purchase additional lightweight bowling balls for the school's bowling unit.

Nanette Peppin, Maplewood Parent Cooperative, Edmonds, used her grant to purchase games to develop her students' high-level thinking skills. She selected games that would help stimulate logic, visual/spatial relationships, language and reasoning. She planned to introduce them in small group settings.

Penelope Nichols, Madrona K-8, Edmonds, used her grant to create a Visual Math Lending Library so that the building's math manipulatives could be collectively stored in an accessible manner

Grant recipients (L to R) Amy Rust, Mark Mayberry, Nanette Peppin, Penelope Nichols, Diane Hertzberg, Sara Allsop-Fine attended the annual picnic. They each reported on how they used the grant money awarded to them by SKSR.



in which drawers could be removed from a framework and carried to their destinations for use.

Dianne Hertzberg, Parkwood Elementary, Shoreline, used her grant to purchase enough headphones for her class to use with their computers so that she would no longer need to schedule computer time around when shared headphones would be available.

Sara Allsop-Fine, Hilltop Elementary, Edmonds, used her grant to take all the school's fifth-grade classes to the Living Computer Museum as part of their STEM education.

If you are an SKSR member in good standing who is actively employed in any school-employee group that works with students in the Edmonds, Northshore or Shoreline school districts, you could qualify for an SKSR grant of up to \$250 to facilitate your work with your students. Members in the past have used their funds for such things as field trips, STEM books, PE equipment, educational games and classroom speakers.

Applications are due by November 8. Here's how to apply:

- Go to the following page on the SKSR website: <http://sksr.org/grants-information.html>. Download the file, copy and paste the application on the second page and fill out the application.
- Email your completed application to Grants Chair Karen McElliott at ksmcelliot@gmail.com.
- Recipients will be notified before Thanksgiving, presentations will be made in December and January.
- As a result of conversations with our three districts, it is very likely that we will be amending our grant check procedures to align with district policy. Instead of handing out individual checks, we will be sending each district one check which will cover all its recipients; each district will set up an account for each SKSR recipient for the given amount.

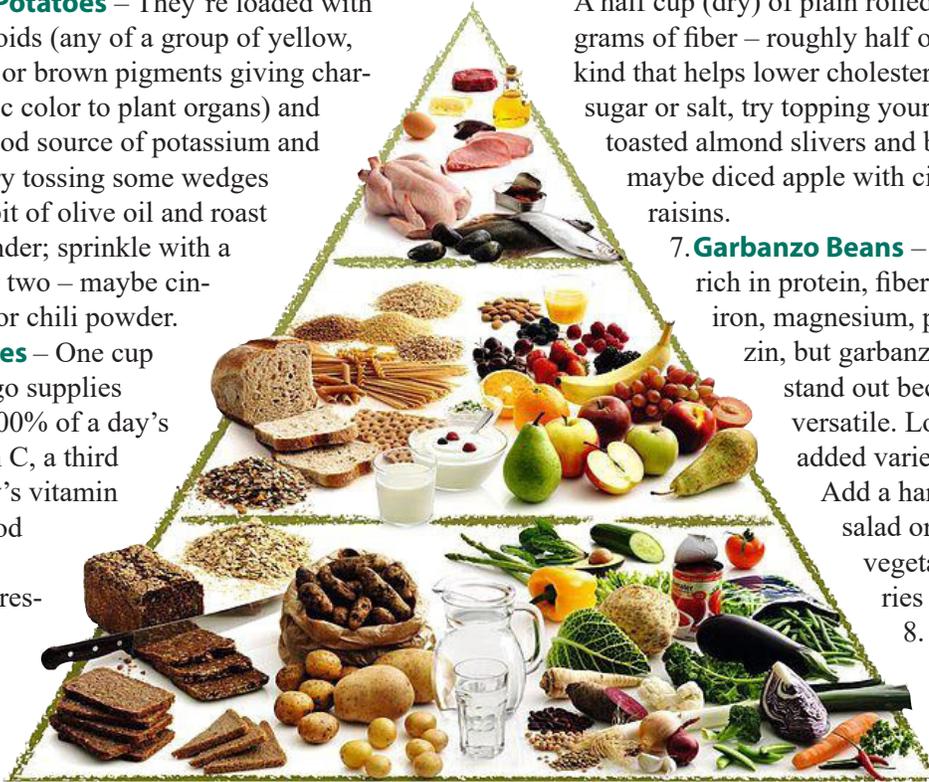
Not a member? If you have interested colleagues who are not yet members of SKSR, please direct them to the SKSR.org website, where they can find information about joining.

Health News

Ten superstars among the food you eat

by Donna Murrish

1. **Sweet Potatoes** – They're loaded with carotenoids (any of a group of yellow, orange, or brown pigments giving characteristic color to plant organs) and are a good source of potassium and fiber. Try tossing some wedges with a bit of olive oil and roast until tender; sprinkle with a spice or two – maybe cinnamon or chili powder.
2. **Mangoes** – One cup of mango supplies about 100% of a day's Vitamin C, a third of a day's vitamin A, a good dose of blood-pressure-lowering potassium, and three grams of fiber.
3. **Plain Greek Yogurt** – Fat-free (0%) unsweetened Greek yogurt goes well with the natural sweetness of berries, bananas or a whole-grain cereal. It has twice the protein of ordinary yogurt but less calcium.
4. **Broccoli** – They're loaded with Vitamin C, carotenoids, vitamin K and folate. Steam it until it's bright green and just tender. Try a sprinkle of parmesan cheese and a spritz of fresh lemon juice.
5. **Wild Salmon** – It's rich in omega-3 fats, which may help to reduce the risk of heart attacks and strokes.
6. **Oatmeal** – Quick, old-fashioned or steel-cut oatmeal makes a great whole-grain breakfast.



A half cup (dry) of plain rolled oats has four grams of fiber – roughly half of it the soluble kind that helps lower cholesterol. Instead of sugar or salt, try topping your oatmeal with toasted almond slivers and bananas or maybe diced apple with cinnamon and raisins.

7. **Garbanzo Beans** – All beans are rich in protein, fiber, copper, folate, iron, magnesium, potassium and zinc, but garbanzos (chickpeas) stand out because they're so versatile. Look for no-salt-added varieties in cartons. Add a handful to a tossed salad or stir some into vegetable stews, curries and soups.

8. **Watermelon** – About two cups of watermelon has a third of a day's

vitamins A and C, a good shot of potassium and a healthy dose of lycopene. You get all that for only 90 calories.

9. **Butternut Squash** – Steam a sliced squash or buy peeled, diced butternut squash that's ready-to-go into the oven, a stir-fry or a soup. It's any easy way to get lots of vitamins A and C and fiber.
10. **Leafy Greens** – Stand-out leafy greens like kale, collards, spinach, mustard greens and Swiss chard are loaded with vitamins A, C and K; folate, potassium, magnesium, calcium, iron and fiber. Sauté in a bit of olive oil with minced garlic and season with ground black pepper and red wine vinegar.

Source: Nutrition Action Health Letter published for Consumers by the nonprofit Center for Science in the Public Interest

More Tips with English grammar:

9. Its important to use apostrophe's correctly.
10. Each pronoun must agree with their antecedent.
11. Don't use commas, that are not necessary.

SKSR Planning Retreat report

A year of challenges and choices

by Roberta Hawkins

We came together on an overcast day, August 8, in a new location: the library of Lynndale Elementary in the Edmonds District. The SKSR Board, guided by Immediate Past President Jim Siscel, embarked on the difficult journey of determining the SKSR calendar, activities and events for the year.

Budget

Our first task focused on reviewing the past year through the reports of the various committees. One item of special note is that our membership has increased by 73 members from August of last year. We examined the past budget, followed by considering the budget proposed by the Executive Board, carefully discussing amounts and headings for each category. Some of budget items required further input from other proposals which affected the budget, like the introduction of a possible scholarship for active members who plan to get further education. We will investigate this option further in the next month.

Calendar/activities

Then we looked at the yearly calendar, a description of duties and responsibilities for each month, and a sheet providing spaces for the names of the individuals who will be responsible for each month. We discussed which months we would have a speaker and which would have field trips or other activities. In order to finish the process, we considered which field trip options and which speakers from handouts provided would be most appealing. The lists for both options included speakers or presentations previously heard or recommended by members of the board. Luckily, we were able to select and confirm the speaker for our first general meeting and lunch in October. Read about the topic and speaker in the October Luncheon article in this *Bulletin*. The remaining speaker options and field trips choices will need to be selected and contacted in the coming months. Look for those announcements as the year unfolds.



Grants to active members

Our next discussion focused on grants for active members. These have become increasingly popular, and we receive so many wonderful proposals that trying to fill all the requests is difficult. The task of selection is aided by having clear requirements and scoring guidelines. With the thorough analysis and hard work of Grants Chair Karen McElliott, a revised process was presented to the board. After further questions and discussion, the process was approved.

We spent additional time considering the possibility of offering a stipend or scholarship to active members who are seeking advanced degrees focused on education or who are pursuing National Board Certification. This discussion is still in process as it involves many elements, such as who would be eligible and who would be on the selection committee.

Legislative contact information

The Board decided to include an insert in the Bulletin providing members with legislative contact information for the legislative districts where most of our members reside. This should help members more readily communicate with the legislators on issues of significance to them. Look for it in the November/December issue of the SKSR Bulletin. Another SKSR event we confirmed is the Washington Kids in Transition service project.

Please volunteer to help this year

There is much to be done this year to achieve our goals. Look for the many opportunities that you will have to enjoy and help with the events and speakers and luncheons that are planned.

Even more Tips with English grammar:

12. It's better not to unnecessarily split an infinitive.

13. Never leave a transitive verb just lay there without an object.



Help us with the *Bulletin*

The deadline items for the next *Bulletin* is **October 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* **October 28**, contact Robin Randles, 206-542-6428 or Robinrandles@cmug.com