

# Sno-King School Retirees



July-August 2020

## The SKSR Bulletin



A message from your board

### **What's happening...**

*by Roberta Hawkins, chair*

I hope that this message finds you in good health and good spirits.

Who would have thought that once we “leapt” ahead in early spring of 2020, we would be facing an ever-increasing set of challenges. Once upon a time, I was told that retirement would be the “Golden Years.”

Alas, little has been “golden” this year. We have all faced many changes: limiting our contact with others, limiting our trips to the grocery store, leaving home for only essential trips or appointments. And wherever we go, we must “wear a mask.” These have become our new norm.

While we can complain about the restrictions and limits, perhaps we should change our perspective. Rather than focusing on the losses, let’s think instead of the gains, the pluses this lifestyle has afforded us. We have spent less money on gas. We have rediscovered the joy of home cooking and favorite recipes. We have cleaned out that messy kitchen drawer or closet or garage or basement.

We have slowed down and reflected on what is most important to us. We miss what we value the most, like visiting at casual gatherings with friends—an SKSR scholarship luncheon or field trip or picnic, for example. SKSR misses celebrating with you all at these events, but because we learned through years of experience, we know that this, too, will pass (though perhaps like a kidney stone). It just requires our patient and positive approach—you remember, the one that you used to use while teaching.

Our “active” members face different, added challenges. They’ve had to learn how to teach when they can’t physically see their stu-

*(continued on Page 3)*

#### OFFICERS

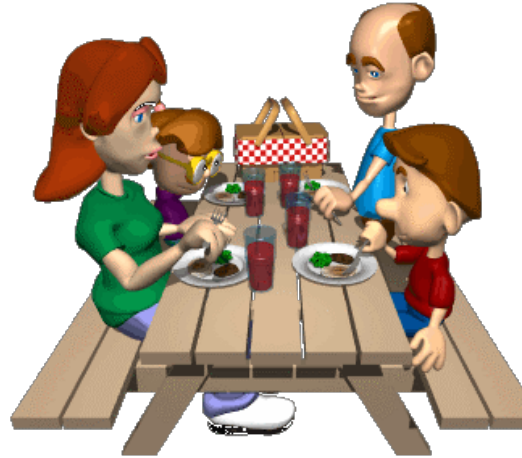
*vacant*, President  
*Roberta Hawkins*, Vice President  
*Jan Phillips*, Secretary  
*Tom Hawkins*, Treasurer

#### COMMITTEE CHAIRS

*Barbara Berg*, Scrapbook  
*Linda Fitzgerald/Keith Lindaas*, Scholarships  
*Donna Murrish*, Health  
*Marlene Johnson*, Hospitality  
*Barb Bumgardner*, Sunshine  
*Karen McElliott*, Active Member Grants  
*vacant*, Legislative  
*Jim Siscoel*, Membership/Retirement/Website  
*Erma Snook*, Membership Records  
*Jo Caldwell*, Bulletin Editor

## Our July event

**Our SKSR picnic  
scheduled for July 16  
at the Edmonds City Park  
has been  
CANCELED  
out of an abundance  
of caution.**



## Health Chair needed

# HEALTH CARE

Donna Murrish has decided that she can no longer continue as our SKSR Health Chair on our board; consequently, we need a new Health Chair.



What are the responsibilities of the Health Chair? You must...

- put together an article for each of our six *Bulletin* issues,
- attend board meetings as you are able,
- attend our annual planning retreat.

SKSR will provide you with subscriptions to two health publications, recommended by Donna, from which you can select information/topics/articles for the *Bulletin*, so you don't have to research or write articles yourself unless that is your preference.

Please contact Roberta Hawkins at 206-546-2556 if you are interested.

## SKSR Board officers election

Due to the corona virus outbreak, we have not had nor will we be able to have a group meeting in the foreseeable future. We need to elect our unit officers for 2020-2021. The Board discussed several plans and the extensive logistics involved in several of these plans. Our current officers have agreed to continue next year. We recognized that we don't have any contested elections; therefore, the SKSR Board is appointing the following officers for the 2020-2021 year:

President—vacant  
Vice-President—Roberta Hawkins  
Secretary—Jan Phillips  
Treasurer—Tom Hawkins



## Evie Nordeen receives WSSRA Honorary Membership

Evie Nordeen was nominated by the SKSR Board for Honorary Membership in the Washington State School Retirees Association. A member, upon reaching 90 years of age, who has been active in the association for at least 20 years and has been an active and contributing member, holding office and involved in activities supporting the purposes of WSSRA can become an honorary member upon approval of the WSSRA Executive Board.

Evie fits all of the above requirements. Jim Siscel said, “We were extremely happy that the executive board approved her honorary membership this past April.” Jim Siscel presented the certificate to Evie after receiving it from WSSRA.



### Happy birthday!

**Evie Nordeen's 90th Birthday**  
*from My Edmonds News*  
 5/16/2020

When Evie Nordeen, pictured with her son Dave, turned 90 in May, she was surprised by a long parade of cars honking and flashing their lights as they arrived at her Edmonds condo on 5th Avenue to celebrate her. A total of 18 people—mostly retired nurses from Northshore School District—plus two retired principals and a retired school psychologist, had signs, balloons, flowers and a whole lot of enthusiasm.

“Evie was the director of nurses in the Northshore School District,” said Jeanne Mazzone, SKSR member, who worked with Evie at Northshore. “There was enough space during the celebration to allow people to get out of cars and socially distance on a grassy bank facing her back deck. She was thrilled!”

*(continued from page 1)*

dents and what rapid adjustments can be made to their programs to meet the class goals and expectations, adjustments which allow “remote” or “virtual” learning. Their creative approaches are amazing. They, too, have gained much in this challenging time: a different connection with students and parents, and a greater skill in virtual learning techniques and methods.

While all of us share in this new lifestyle, I find that the current limitations force me to pause. I can relax more, read more, spend more time in the garden...wondering at the beauty of each new bloom and its individual character and color. Breathing in the fresh morning air, I step out onto the patio and listen to the morning symphony of birds and the gentle quietness surrounding me. It is a good day to think and reflect or read. These are the things that can often get lost in the usual flurry of life.

I hope you all have an opportunity to enjoy these and other favorite personal pursuits as you move through the coming months. Know that SKSR is thinking of you and is waiting patiently for the time when we can be together again.

## Member Information Updates

### New Members

Kathleen Collins

Andrew Muntz

Scholarship news

## Winnie Smith Scholarship updates

by Keith Lindaas



These scholarships are awarded to students who previously received SKSR scholarships and are continuing to successfully pursue degrees in an education field.

The following students are receiving their second Winnie Smith Scholarships: **Ashley Aversano** (Shorecrest HS), **Freya Bloomberg** (Meadowdale HS), **Justin Doyle** (Shorecrest HS) and **Joanna Schroeder** (Edmonds-Woodway HS).

**Ashley** is finishing her AA degree at Shoreline CC and will attend the University of Washington. Her interest has shifted away from mathematics and toward Spanish or Early Childhood Education. She is taking an elementary school education introductory course this fall and before COVID-19 was volunteering at sport camps, working with fourth to eighth graders.

**Freya** is a student at Western Washington University and is excited about her Early Childhood Education classes. She said, "I was nervous to start this class, but after a couple of sessions, I realized this was the perfect fit for me." Her goal is to teach second graders for now, but she would also love to teach preschool. Freya thanks SKSR very much for this scholarship.

These students are receiving their first Winnie Smith Scholarship of \$2,000: **Amanda Dorgan** (Lynnwood HS), **Shannon Rhodes** (Shorecrest HS), **Amanda Stanley** (Lynnwood HS) and **Nomin Ulziisaikhan** (Meadowdale HS).

**Amanda Dorgan** attends Seattle Pacific University and plans to earn a BA in Math and also a secondary education certification. She wants to teach high school math and is proceeding with those classes along with her general requirements. Amanda would like to have her classes finished so her senior year will be student teaching.

**Shannon** is a student at the University of Washington. She has appreciated the support our scholarship has given her as it has allowed her to fully immerse herself in classes and extracurricular activities. Shannon is planning to become a speech-language pathologist in schools. She hopes that by pursuing her interests of language development, speech and hearing, she will help children learn to the best of their ability.

**Justin** attends Central Washington University and declared an Elementary Education major with a TESL minor. He says he is super excited to see where his career path takes him and feels as if he is on the way to becoming a successful teacher. He is very appreciative of this scholarship.

**Joanna** is attending Western Washington University and thanks us for giving her the opportunity to go to college. She is currently a Math major on the path to becoming a high school teacher. This past summer, for the fifth year, she was a teacher assistant for her school district's summer school. She was hoping to do a sixth summer this year.

**Amanda Stanley** is at the University of Washington and has applied to the Early Childhood and Family Studies program (ECFS); she has met with people in the department and laid out a plan for intended courses. She will be working toward her goal of majoring in ECFS with a minor in American Sign Language (ASL).

**Nomin** attends the UW. She said, "I have always had a passion for teaching and sharing my knowledge with others. Tutoring math and writing at my college, coaching tennis and volleyball at my high school and volunteering in community activities have helped me realize my passion." Nomin thanks us for this generous academic scholarship.



## Building a Digital Defense with Passwords

from Federal Bureau of Investigation—Portland, Oregon

We all use passwords. We use them for our phones, our computers, our email and just about every other kind of personal account.

Unfortunately, many of us use simple passwords, such as Password1 or 1234, because they're easier to remember. Some of us even reuse the same simple password for multiple accounts.

If you use a simple password or pattern of characters, it's considerably easier for an adversary to crack. Many businesses and sites require that passwords include uppercase letters, lowercase letters, numbers and special characters. However, recent guidance from the National Institute of Standards and Technology, or NIST, advises that password length is much more important than password complexity.

Instead of using a short, complex password that is hard to remember, consider using a longer passphrase. This involves combining multiple words into a long string of at least 15 characters. The extra length of a passphrase makes it harder to crack while also making it easier for you to remember.

For example, a phrase such as *VoicesProtected2020WeAre* is a strong passphrase. Even better

—a passphrase that combines multiple, unrelated words such as “director month learn truck.”

Here are the recommendations from the National Institute of Standards and Technology (NIST):

- Use longer passwords or passphrases of 15 or more characters without requiring uppercase, lowercase or special characters.
- Only require password changes when there's a reason to believe your computer has been compromised.
- Don't use password “hints.”

Finally, some people use password-keeper programs. These programs store all of your passwords in one place, sometimes called a vault. Some programs can even make strong passwords for you and keep track of them all in one location, so then the only password or passphrase you have to remember is the one for your vault.

The downside of using a password-keeper program is that if an attacker cracks your vault password, then he or she knows all of your passwords for all of your accounts. But many IT professionals agree, the benefit of a password-keeper program far outweighs this risk. A little research should help you get started.

### Senior Trying to Reset Password

Windows: Please enter your new password.

User: *cabbage*

Windows: Sorry, the password must be more than 8 characters.

User: *boiled cabbage*

Windows: Sorry, the password must contain 1 numerical character.

User: *1 boiled cabbage*

Windows: Sorry, the password cannot have blank spaces.

User: *50damnboiledcabbages*

Windows: Sorry, the password must contain at least one upper case character.

User: *50DAMNboiledcabbages*

Windows: Sorry, the password cannot use more than one upper case character consecutively.



User: *50damnBoiledCabbagesShovedUpYourAssIfYouDon'tGiveMeAccessNow!*

Windows: Sorry, the password cannot contain punctuation.

User: *ReallyPissedOff50DamnBoiledCabbagesShovedUpYourAssIfYouDon'tGiveMeAccessNow*

Windows: Sorry, that password is already in use.

## Health News

**Demystifying those popular diets**

by Donna Murrish

Source: *Environmental Nutrition newsletters 2019/2020***DASH diet (Dietary Approaches to Stop Hypertension)**

This diet emphasizes reduced sodium in the diet by including vegetables, fruits and low-fat dairy, along with moderate amounts of whole grains, fish, poultry and nuts. It was developed and sponsored by the US National Institute of Health in an effort to reduce blood pressure without the use of medication.

**Nordic diet**

This eating style combines nutritional benefits along with historical interest. The Nordic diet is a melding of culinary tradition, local foods and modern science. It takes its cues from whole and minimally-processed foods that are available in Denmark, Finland, Iceland, Norway and Sweden. A few tips for getting started:

- Eat fewer highly processed foods, and cook more at home.
- Base your plate on vegetables. The Nordic plate is half-filled with vegetables and quarter-filled with both high-fiber carbs and quality protein.
- Make most (or all) your grains whole. This provides more fiber and nutrients, while having less of an impact on blood sugar.
- Aim for three fish meals per week. Canned tuna and sardines are practical and affordable options if fresh or frozen aren't available to you.

- Embrace fermented foods. This includes dairy (skyr, yogurt and kefir), sourdough bread and vegetables (pickles and sauerkraut).
- Use olive oil, if you prefer it. Both canola and olive oils are high in heart-healthy monounsaturated fats. Olive oil has added antioxidant benefits.
- Fit more physical activity in your day. planned exercise and lifestyle activity, such as gardening or walking or bicycling.

**Alkaline diet**

Have you heard of this one? The aim is to avoid foods that leave an “acidic ash” (based on the theory that certain foods like meat, dairy, eggs, grains and processed foods may cause the body to produce more acid). Other foods—including fruits, vegetables and legumes—contribute to the production of alkaline by-products. Bone density is the amount of bone mineral in your bones and is a measure of bone strength. Any reduction in bone density raises your risk for fragile bones that are susceptible to fractures. Some research has suggested that high-acid diets cause calcium to be leached from the bones. High-acid diets may also contribute to a greater risk of kidney failure. The alkaline diet, which is rich in vegetables, fruits and legumes, and lower in animal proteins and sodium-laden processed foods, happens to be one most health experts recommend for

*(continued on next page)*



(continued from previous page)

optimal health.

### **Mediterranean diet**

Interest in the diet of the countries bordering the Mediterranean Sea (Greece, Italy, France, Spain, Turkey and others) goes back to a study done in the 1960s showing dietary patterns from those countries were associated with low rates of heart disease and mortality, which later studies have confirmed, as well as a reduced risk of Alzheimer's disease and depression.

Mainstays of the diet: 1) Consume olive oil and olives daily. 2) Include plant-based foods such as vegetables, fruits, herbs and spices, dried beans, nuts, seeds and whole grains. 3) Choose fish or seafood often and meat occasionally. 4) Eat small, daily servings of yogurt or soft cheeses like feta. 5) Drink red wine as the preferred alcoholic beverage, but no more than one drink daily. 6) Maintain social connections, including preparing food together and eating with family and friends. 7) Keep moving with activities of daily life like yard work, gardening, biking and walking.

### **Vegetarian diet**

Recent studies of the long-term health effects of meat-free, plant-based diets have provided further evidence of their benefits. Some of the evidence provided suggest that a meat-free diet can reduce the risk of developing colon cancer; another study found that eating a vegetarian diet reduced the overall risk of all cancers compared with eating a non-vegetarian diet.

You may have noticed that all the patterns of the diets mentioned above have common themes: they are plant-based; higher in fruits, vegetables and whole grains; lower in red- and processed-meats; and moderate in alcohol.

If you think about making the switch, you do have options about what to include in your diet. For example, some vegetarians continue to eat eggs and dairy (called a lacto-ovo-vegetarian diet). Others include seafood (called a pesco-vegetarian diet). There is considerable evidence that regular intake of fish offers many health benefits.

Things to keep in mind:

- \* Start slowly. Maybe a Meatless Monday,

when you deliberately make a vegetarian meal. Then move to a few meatless meals per week.

- \* Be realistic. It's hard to go vegetarian if you don't like fruits and vegetables. That's the basis of the diet.
- \* Change your thinking. You won't be focusing on a large chunk of meat for your protein and fat. Vegetarian meals mix proteins, fats and vegetables together, such as stews, soups and one-pot meals with beans and whole grains and vegetables.

Your go-to foods will include vegetables, legumes, nuts and seeds. Rely on spices and lemon juice for flavoring. You'll have more options if you include eggs and dairy. That could mean omelets with vegetables, and fruit shakes and smoothies. If you choose to include dairy, be sure you use low-fat milk and milk products.

Whatever you choose, *Bon Appetit!*

## **Health Chair needed**

# HEALTH CARE

New Health Chair  
needed immediately!

See details on page 2.

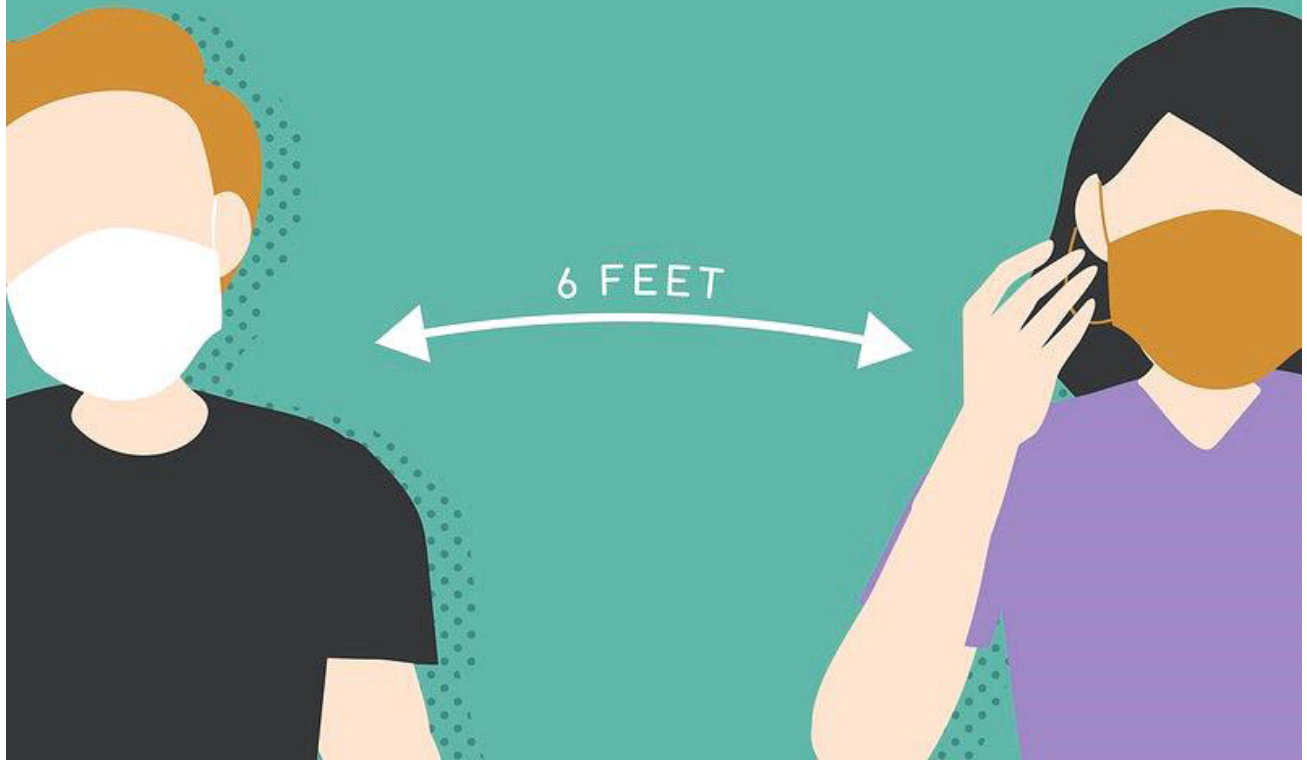
If you are interested,  
please contact Roberta  
Hawkins at 206-546-2556.



## **2020-21 SKSR Grants-application window delayed**

When schools and non-essential businesses closed in March, several grant recipients were unable to complete their projects. The board has decided to delay the opening of the 2020-21 active-member grants process until September. If necessary, the board will make adjustments to our grants as we navigate through this uncertain time. Once the board has met and decisions have been made, they will be posted on the SKSR website, and an email will be sent to our active members.

# SOCIAL DISTANCING



## Help us with the *Bulletin*

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

Please send changes in your mailing address, telephone number, or e-mail address to  
Erma Snook, [egsnook@comcast.net](mailto:egsnook@comcast.net), or call 425-776-2067.

If you know of illness, please call Sunshine Chair Barb Bumgardner, 206-364-8413.

With the current conditions, there will be no group foldings and preparations for mailing of the *Bulletin*.

After we are back to "normal" we will resume that process.