

# Sno-King School Retirees



November-December 2020

## The SKSR Bulletin



A message from your board

### What's happening...

by Roberta Hawkins, chair

Change. What is it, really? This year it's not the pennies you toss in a jar. But it does seem to be the current trend for 2020. In fact, the year has been full of unique challenges and events leading to changes. We have dealt with the pandemic and restrictions on social gatherings. As fall arrived, Mother Nature decided to

give us a bit more of a challenge in the form of smoke pollution. The lazy, warm fall evenings disappeared in a yellow-grey haze of "unhealthy" or "hazardous" air quality (or perhaps, lack of quality).

But let's review those things that haven't changed, and what has and what is becoming the "new normal."

School started in September, but not physically in the schools. Teachers are teaching, but not in the usual way. Fall came with its change of color, and then fell upon us in a rush with rain and wind. SKSR Grants will still be available, but with a few variations. (See the article about them later in this *Bulletin*.) SKSR Board meetings still occur, but via Zoom. (Please join us from the comfort of your home and at your own computer. Contact Jim Siscel before our next meeting. Though each of these events still happen, they've all changed in some way.

Because all these "changes" are a part of our "new normal," we ask that you take a little extra time to read and digest the articles in this *Bulletin*. Many provide updates regarding what changes SKSR has and is making to accommodate current conditions. We want to make sure you are aware of the many differences in how we currently conduct business. We keep thinking about getting back to normal, but we also realize that we simply have to take charge of whatever "normal" is right now.

*(chair's message 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  
*Robin Randles*, Health  
*Marlene Johnson*, Hospitality  
*Barb Bumgardner*, Sunshine  
*Karen McElliott*, Active Member Grants  
*vacant*, Legislative  
*Jim Siscel*, Membership/Retirement/Website  
*Erma Snook*, Membership Records  
*Jo Caldwell*, Bulletin Editor

Due to the uncertainty of pandemic conditions, the current restrictions regarding the size of gatherings and the need for maintain social distancing...

## SKSR Unit 23 has CANCELED ALL general meetings, activities and luncheons through the end of the year 2020.

We are sorry to miss all of your smiling faces at our various events, but we feel that given the risks possible, and our own reluctance to hold even our Board meetings face-to-face, we prefer to be safe in our actions.

Upcoming VIRTUAL event

### Special program

by Roberta Hawkins

We have a special event coming in February. Sponsored by Humanities Washington, SKSR is host-

ing a virtual program on Zoom on Thursday, February 18, 2021, at 1:00 PM.

"Who Was Chief Seattle?" will be presented by David Buerge.

Practice with your Zoom-meeting skills between now and then so you can join us. Registration will be required. More details and registration information will be coming in our next *Bulletin*.



humanities  
WASHINGTON |  $\frac{h}{w}$

### Change to Scholarship Fund By-laws

dated July 19, 2018

ARTICLE V-Provision for Funds upon Dissolution of SKSR Organization

As noted in our Non-Profit Organization documents and these By-laws, the SKSR Board serves as the designated trustees for the Sno-King School Retirees Annual Scholarship Fund and The Winnie Smith Memorial Fund. As such, if at any time it becomes necessary to dissolve this organization, the SKSR Board will fulfill its final responsibility for the Sno-King School Retirees Annual Scholarship Fund and The Winnie Smith Memorial Fund by distributing any remaining monies in those funds equally between the Edmonds Public School Foundation, a 501(c) (3) organization; the Northshore Public School Foundation, a 501 (c) (3) organization; and the Shoreline Public School Foundation, a 501(c) (3) organization, pursuant to a plan of distribution as provided by law.

### Proposed Budget for 2020-21

The Board approved the proposed 2020-21 SKSR Budget at the planning retreat held via Zoom on Thursday, September 10. Usually the budget is approved by the membership at the first general meeting in October. Because of the pandemic, this meeting was canceled. Our next general meeting is tentatively scheduled for a Humanities Washington Zoom meeting in February. If this meeting occurs as scheduled, we will vote then. If not, we will try at the next meeting.

If you receive your *Bulletin* via US mail and would like to receive a copy of the budget, please call our treasurer, Tom Hawkins at 206-546-2556. He will mail you a copy. If you have any concerns or questions after receiving the budget, please contact Tom.

If you receive the *Bulletin* via email, a PDF of the budget was attached to the email. If you have any concerns or questions after receiving the budget, please contact Tom at 206-546-2556 or via email at hamhawk@aol.com.

Legislative news

## Make your voice heard

In mid-October each of us received a mailing from SKSR written by Tim Knopf, NW-1 Legislative Representative. He warned of the challenges that will face the legislature to balance the state budget over the next two legislative sessions. Times are so bad, he wrote, that we will have to fight just to keep what we've already fought for and won. "In the legislature, you are either at the table or on the menu!"



**Your vote is extremely important. VOTE by November 3.**



*(chair's message continued from page 1)*

Rather than wishing for "getting back to normal," maybe we need to revise our view. Let's envision our own "new normal." Consider all the best things that have happened and are happening in this new approach to daily living. Consider what we like about this slower-paced life.

We make more direct connections within our own neighborhoods; we check in with neighbors; we chat (with proper social distancing, of course,) across the cul-de-sac or backyard fence. Across my fence, I am able to keep up with what life is like for a teacher virtually teaching her class of third graders. We take walks and discover what's new in the blocks around us, admiring the plantings, the new coat of paint on a nearby house, absorbing the scent of freshly mown lawn. Have our senses grown more acute? Consider which of these things we want to retain in our own "new normal" as we move forward.

Have we learned a new skill or rediscovered a long-unused one? Some of these are ones that even help others. Writing an actual note card or letter by hand and sending it to a former colleague or friend always cheers the recipient. Making a recipe of cookies from the back of the recipe file and sharing the end product brings back memories from childhood. In my case, it led to my daughter coming to share half a day to learn how to make the recipe herself. The cookies were a family favorite and originally made by my grandmother. Such simple events create lasting memories.

Maybe we could think of something we could do to help those currently teaching "virtually" in the local district. What help do they need that we could provide? What about a hands-on project that could be designed for the students to do: making cookies paired with a math skill? Fractions, addition, subtraction, division, weights and measures all

are part of that process of making something.

So what should our "new normal" be? The fact is we can now create it for ourselves. With the activities and events we have conjured up to help us pass our days, we can construct the "new normal" we want. The plan for the week might include setting aside time for reading or sewing. Perhaps it might involve a drive to see an old favorite location and to explore some part of the city or the general region that we haven't had time to do before.

Whatever we have discovered during this time of restricted movement, we should make a list of what we want to keep doing, even if it just involves walking around the neighborhood. Remember, it may be exercise, but really it is getting more in touch with our immediate world. Sounds better than a required 30-minute "workout," doesn't it?

And those of our members excelling in the "new normal" of virtual learning world, think of how many new skills are being developed. During the brief summer break, many new and adapted lessons have been created for this "new instruction normal." While there are specific goals to address, and even specific ways recommended, personal experiences since March will surely serve as a guide to this new year. I would urge our "active" membership to reach out to those of us no longer in the classroom to let us know what needs we can support.

Perhaps the "new normal" will find us being a more collaborative community. As we head into the holiday season, give yourself space, time and permission to do things that make your lives easier. Because of all the changes, things will be different as this "new normal" evolves. Even if these differences require us to make changes to our previous activities, remember—we are educators. We have made changes annually throughout our careers in education. We can and will succeed working together.

Service project

## Annual service project modified

by Barb Bumgardner and Virg Rayton

Sno-King School Retirees has adopted Washington Kids in Transition as its community service project the past two years. Their goal is to provide basic needs for homeless children in the Edmonds School District. Our input has been a monetary donation and subsequent purchase of nutritious snacks. In addition, on a January Saturday, a cadre of SKSR members assembled at the Edmonds Methodist Church to bag the snacks for 15 bus drivers to dispense.

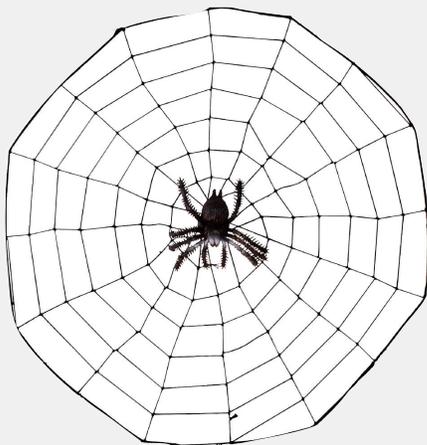
We intended to repeat that this year before covid-19 intervened in March. Suddenly it became risky for groups of volunteers to unite, especially for our elder demographic. Further, Edmonds Methodist Church's bagging site has been declared closed until at least Easter (April 4th). That pretty much precludes the possibility of our usual hands-on support.

Kim Gorney, Washington Kids in Transition's head contact, reports that major adaptations in their service have been necessary. The virtual-learning

model adopted by Edmonds this year halted all bus transportation. Therefore, food and other support is now being distributed to families that contact their social workers because they have nothing for their family to eat. Since July 29th they have received 87 such requests for assistance.

Your SKSR Board discussed how best to support Washington Kids in Transition this year and ultimately opted to donate \$500 for them to utilize at their discretion. Individual board members indicated that they wish to make additional personal contributions. If that's something you, too, wish

to do, your donations may be sent to Washington Kids in Transition, 19721 Scriber Lake Rd, Lynnwood, WA 98037. They are located behind Joanne's Fabrics in the last building before the apartment complex. Shoreline (206-393-4203) and Northshore (425-408-7701) also have similar family support organizations. Contact their school district offices for mailing addresses.



VISIT US ON THE WEB AT  
**sksr.org**

We received the letter below from Meadowdale High School graduate Nomin Ulziisaikhan:

Dear SKSR School Retirees,  
I am writing to you to express my sincere gratitude for selecting me as a recipient of the 2020-21 Winnie Smith Scholarship award. Reading about Winnie's life and legacy, I am amazed and inspired by the contributions she has made, her career and continuous good will to students.  
With the support and encouragement of the Sno-King School Retirees, I am motivated to reach success and contribute to my profession as Winnie did and as every member of the Sno-King School Retirees does.  
Sincerely,  
Nomin Ulziisaikhan  
09-06-2020

Grants update

## SKSR Active Member Grants modified

by Karen McElliott

This is a school year in which we all wish we had a crystal ball to tell us how things will turn out. Will districts reopen? When? Will they be able to stay open? How many students and teachers will continue to learn and teach remotely? Many questions, and we don't have a clear picture; therefore, the SKSR Board decided this year to fund only grants that can be accomplished remotely. Sadly, this means no grants will be given for field trips or in-person gatherings.

On September 16, active members received an email announcement that the grants window had opened and that updated information and the revised application form were available for them on the SKSR website. **Applications must be received by midnight, Thursday, November 5.**

Currently, the Grants Committee plans to score applications and make selections remotely instead of at its normal meeting. As a result, applicants may not be notified of the status of their request until the end of November.

The board will continue to send the grant money to the school districts where accounts are set up in each grant recipient's name. This allows the recipients to benefit from their district's buying power. It also makes the check writing and monitoring much easier for our treasurer; in 2019, Tom Hawkins had kept track of 56 checks. Now there is only one check per district.

### Grant Thank You

The Grants Committee received the following note of appreciation from Sarah Fell, kindergarten teacher at Lynndale Elementary in the Edmonds School District. She had requested \$171 last October to create a listening station in her classroom:

*I did purchase the requested items from the SKSR grant. I am so thankful for your generosity and your desire to equip classrooms with beneficial learning tools. I purchased a CD/cassette player, jack box, four headphones, book with CD and two storage bins.*

*I set up the supplies to be used at a reading center, free-choice time, and a finish-early time. My students were thrilled to be able to listen to new books on tape. This was incredibly beneficial to students who have not heard many stories in their lifetime and for my EL students. Students got to strengthen*

*their concept of print, comprehension and practice reading along with the tape/CD. New rhymes were learned along with new stories to love.*

*Thank you so much for your generosity and dedication to the students in our community.*

*On our part, we are so glad to have the opportunity to assist our active*



members in their work with students.

### Incomplete Grants from 2019-20

The good news was that the vast majority of last year's grant purchases were completed before schools closed in March. Unfortunately, almost 20% were not. When it was clear that these grants were stalled, SKSR requested that the involved districts not return the unspent funds but carry them over for use this year. Some of those funds were for spring field trips. Since it is highly unlikely that field trips will be possible this year as well, the committee has asked those recipients to select another focus for their funds and use their money this year. In other cases, purchases were canceled when items could not be delivered. The grants committee has asked those recipients to resubmit their canceled orders this year.

## Health News

**Adding dates to your diet**

by Donna Murrish

Source: *Environmental Nutrition* (Kristen Smith, PhD, RDN), June 2020

**D**uring the few times my husband and I have visited Palm Springs, we always were sure to head for Palm Desert to get a date shake. We always left there with a good supply of Deglet Noor or Medjool dates. At the time, we didn't realize just how beneficial those dates really were. Dates are packed full of vitamins, minerals, antioxidants and other health-promoting nutrients.

Dates are a good source of vitamins C, E and B; minerals like potassium, calcium, iron, selenium, carotenoids, fiber, antioxidants and phytosterols. The health benefits of dates include antibacterial, anti-fungal, antioxidant and immunomodulatory effects in the body, which make them helpful in controlling a variety of health problems.

**Three reasons to add dates to your meals or snacks****Dates are good for your heart.**

Eating them can help to control risk factors for heart disease like triglyceride, cholesterol and blood pressure levels. In one study, 100 g of dates per day for four weeks decreased triglyceride levels by 8%–15%. Dates also may help prevent build-up of plaque in the arteries.

**Dates help diabetes.**

You might think the sweetness of dates would not be good for people with diabetes, but they can actually be beneficial for diabetes care. In one study, 100 g of dates for four weeks led to no increase in blood-sugar levels. They don't have a very high glycemic index, are full of fiber and are antioxidant-rich foods—all factors that help with diabetes treatment.

**Dates may help fight cancer.**

Many of the qualities of dates make them good cancer-fighting tools. They may be particularly protective against colon cancer, as they have been shown to increase bowel movements, reduce ammonia concentration in the stool and inhibit proliferation of colon cancer cells, which can all help reduce the risk of colon cancer.

Dates can be used as sweeteners in recipes for things like energy balls, pie crusts, raw treats, etc. They can be chopped and added to your morning oatmeal, blended into smoothies, added to trail mix, etc.

**Palm Springs Date Shake**

Blend together...

- ¼ C. walnuts
- ½ C. Deglet Noor or Medjool dates, pitted
- pinch of ground cinnamon
- pinch of Kosher salt
- 1 C. vanilla ice cream

Northwest News

## NW-1 Coordinating Council summary

by Rita Requa

**S**KSR's own Jim Siscel is serving as chair of the NW-1 Coordinating Council this year. Twenty local members from four units attended the October 5 meeting via Zoom.

### WSSRA Executive Director Alan Burke spoke of current issues:

Under consideration is a statewide webinar: a three-hour, evening presentation covering concerns related to DRS, Healthcare Authority, Social Security and VEBA.

An updated convention schedule will be sent to all units; 2021 will be in Pasco and 2022 in Yakima. As noted in the *Journal*, alternative plans are in place in case COVID is still with us. The virtual convention of June 30, 2020, received positive comments.

Additions and changes to PEBB plans will be introduced during a webinar on November 9 at 9:00 AM. A statewide Pre-Retirement Planning Seminar is planned via Zoom for February. Check the WSSRA website for more information.

The WSSR-Foundation has discussed ways to make up the \$8,000 which is usually raised at the convention each year.

### WSSRA committee reports

**Membership**—Incentive plans to increase membership are under review.

**Policy and Procedures**—Proposed amendments to the Bylaws, Policy and Procedures must be submitted by March 1.

**Legislative**—The report included information about the election: all House seats and one-half of the Senate seats are up for election this year. The Political Action Committee has made contributions to candidates. Check the latest *Journal* for the particulars. Only 2% of the 18,000 WSSRA members contribute to the PAC. Contributions are needed and accepted. There will be tremendous pressure on the Legislature to cut state expenses during the next two legislative sessions as the state must balance the budget. There is a possibility that this could endanger the \$183-per-month provided towards the health expenses of PEBB retirees 65 and older.



### Local units reports

All units are holding their meetings via Zoom.

**Skagit/Island/San Juan** held a virtual candidate forum. The unit is continuing its donations to the Boys' and Girls' Clubs in their area and making a \$1,500 contribution to WWU for scholarships to help student teachers during their final quarter of student teaching.

**Sno-Isle** is giving \$400 grants to 40 of their members and \$100 grants to ten non-members. They will also continue awarding \$2,500 scholarships.

**Sno-King's** plans for Active-Teacher Grants are moving forward with changes. Luncheons have been put on hold due to the pandemic restrictions. The unit will host Washington Humanities via Zoom for its February meeting.

**Whatcom County's** future meetings will occur via Zoom to include presentations with the Lynden superintendent, Whatcom County Library System and Peach Health. The unit plans to curtail mini-grants and donate \$300 to food banks each month. They will make a \$2,500 donation to ConnectED to help parents, students and teachers.

Remaining Coordinating Council meetings are scheduled for January 11 and March 8.

## Member Information Updates

### New Members

Richard Molter	Marlene Spell
Louise Rowley-Gross	Kailani Tibayan

### Deceased

#### Eleanor Duckworth

Edmonds retiree, Member since 1990

#### Judith Kiriluk

Shoreline retiree, Member since 1996

#### Arlene Odom

Northshore retiree, Member since 2002

#### Carolyn Perry

Shoreline retiree, Member since 1997

SKSR Board activity

## Report from the Board's 2020-21 Planning Retreat

by Erma Snook

In these times of cancellations, social distancing and isolation, your SKSR Board met via Zoom on September 10 to plan the year ahead for members.

Jim Siscel, Zoom facilitator, linked the board members virtually. In attendance were Jim Siscel, Acting Chair; Roberta Hawkins, Vice President; Jan Phillips, Secretary; Tom Hawkins, Treasurer; and committee chairs Barb Bumgardner, Linda Fitzgerald, Keith Lindaas, Karen McElliott, Robin Randles, Rita Requa and Erma Snook.

Minutes of the previous meeting were approved.

### Treasurer's report

#### Account Balances as of August 31, 2020:

SKSR Checking Account: \$35,628.28

SKSR Scholarship Savings Account: \$11,215.91

SKSR Investment Account: \$69,328.79

Winnie Smith Edward Jones Account: \$129,501.99

Note: The Winnie Smith Estate bequest in 2009 provided SKSR with money that was allocated for scholarships to supplement the long-standing SKSR Scholarship Program. SKSR, annually, awards scholarships of \$2,000 for one year to four seniors from the Edmonds, Northshore and Shoreline school districts who intend to major in an education-related field. The Winnie Smith bequest was dedicated to enhance the SKSR Scholarship Program and to extend the award for up to three additional years of \$2,000 each if the criteria was met. The original bequest was for \$155,440.79. Since 2009, \$171,000 has been awarded to scholarship recipients. And yet, our investments continue to serve us well and the Winnie Smith Account remains very healthy.

### Proposed Budget

Jim Siscel presented an overview of the Proposed Budget for 2020-21 as prepared and recommended to the board by the Budget Committee. Action was considered and discussed throughout the meeting. To see a copy of the proposed budget, see the attachment accompanying this email. If you receive the *SKSR Bulletin* via US Mail and would like a copy, contact Tom Hawkins, at 206-546-2556. Due to the current inability to ratify the budget at a general membership meeting as prescribed in our



by-laws, the board will continue to implement this proposed budget until such time as an official ratification can be realized.

### Health

Long-time Health Committee Chair Donna Murrish is giving up her position. Donna's columns have been professionally done and always present a timely health topic of concern. We thank her for her service and we will miss her fine contributions! And we welcome Robin Randles, who will take over this responsibility.

### Membership

Jim Siscel reported that our numbers are holding steady at 1,421, the same as last year due to newly recruited members and despite member loss! Jim is continuing to distribute his 2021 calendars to members who have attended events.

### Scholarship

Keith Lindaas and Linda Fitzgerald reported on how the Scholarship Committee intends to function in these COVID days. They will maintain contact with continuing scholarship recipients via email and especially in January when they will assess each recipient's plan forward, to see how they are doing and their plans to continue in the field of education. We currently have 13 continuing scholarship recipients. For this year's applicants, the deadline will remain the same, March 11, 2021.

### Sunshine

Barb Bumgardner reported her recent condolence, get-well and caring card activity. Barb makes all our lovely greeting cards—they are special and lovely! She is very efficient!

*(continued on next page)*

(retreat report continued from page 8)

### Records

Erma Snook reported we have 1,094 email members. We are still also U S Mailing communications to 337 members. Email distribution is encouraged as it saves money, arrives earlier than snail mail and is in color!

### Educator Grants

Karen McElliott reported on altered plans for the fall. We want to be sure grant requests are able to be carried out in this online schooling environment and that proposed use of money is accompanied by a verifiable budget. Field trips and social gatherings will be unavailable. Karen will alter the grant criteria as per our discussion. Karen's dedicated work on this complicated project is appreciated!

### New state legislative list

After the elections in the fall, SKSR will again publish and distribute to membership a list of their newly elected legislators and how to contact them. Look for it in your *SKSR Bulletin*. It will be valuable during the 2021 Legislative Session.

After much discussion throughout the meeting and upon completion of the business at hand, a motion was made, seconded and passed to adopt the Proposed SKSR Budget for 2020-21.

Meeting adjourned.



#### Be sure your ballot counts!

- If you are using a US Mail Box, be sure you get it in before the last pick-up on November 3.
- If you are using a Drop Box, be sure you get it in before 8:00 on November 3.

From WSSRA

## Two publications

by Roberta Hawkins

A photo from SKSR appears in the "Community Service" booklet.

We have two new publications produced through the combined ef-



orts of all the state units and the WSSRA office in Lacey. While a limited number of copies of these are printed, SKSR has now made them available on our website: [www.sksr.org](http://www.sksr.org). You can find it under the "Special News" button.

The first of the two is called *Women Who Made a Difference*. It recognizes the 100th Anniversary of the 19th Amendment. Units from across the state provided brief biographic information about women from their regions who made remarkable contributions to their communities. Some of the women presented in the booklet are from early state history, like Phoebe Judson who came to Washington Territory in 1854, while others represent achievements in more recent times, such as Terry Bergeson, from Pierce County, who served as Superintendent of Public Instruction of Washington state for three terms. The stories of these women make for interesting reading.

The second of the booklets is titled *Community Service*. This publication describes the various actions and activities of our state members as they serve their various communities. You will see everything—from the service projects that are completed, to the grants that are awarded to teachers, to the charities that receive help, and donations and scholarships given to graduating high school students. Beyond that is simply the recognition of the vast number of volunteer hours that our members spend helping throughout their respective communities.

Both booklets make for interesting reading. Be sure to check them out. It is a real education to learn about the many ways we give back to education and our state as a whole.

## PLEASE TAKE GOOD CARE OF YOURSELF OVER THE HOLIDAYS

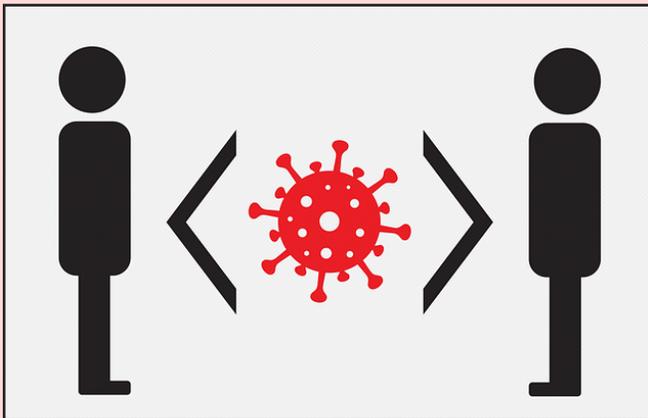
### WEAR YOUR MASK



### WASH YOUR HANDS



### WATCH YOUR DISTANCE



## Help us with the *Bulletin*

The deadline items for the next *Bulletin* is December **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.