

Sno-King School Retirees



November-December 2021

The SKSR Bulletin



A message from your board

What's happening

by Jim Siscel, chair

SKSR continues to function with your board taking on leadership positions from month to month. We are meeting via Zoom. We hope that when we can meet again face-to-face, some members will become more involved, so that they can take on leadership positions in the future. Please read the report on the next page from the committee that was formed last month to consider hiring someone to take on many of the clerical duties that each officer and committee chair performs.

State Zoom convention

At the second Zoom WSSRA convention in September, SKSR received a *Unit of Highest Distinction* award for completing 18 goals as set by WSSRA. Our certificate is displayed on the home page of our website. **Sofia Leotta**, one of our scholarship awardees, received a Robert J. Handy (PEMCO) scholarship from WSSRA.

Join WSSRA in celebrating 75 years

WSSRA President Bruce Boyer and Historian Karen Keller are sending an invitation to all members. Here is their message:

"It's a big year for WSSRA, our 75th anniversary. It's our intention to do something special to celebrate this event.

- Do you have a funny story from a convention or from a unit event?
- Who was the toughest "sell" (no names, please) when you were pitching membership?
- Do you have lasting memories of a particular convention keynote speaker or entertainment?
- What makes your local unit great?
- What venues have you used for coordinating council or unit events? (There might be a funny story here if any were "sketchy.")

(chair's message continued on page 2)

OFFICERS

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

COMMITTEE CHAIRS

Barbara Berg, Scrapbook
Linda Fitzgerald/Keith Lindaas, Scholarships
Robin Randles, Health
Virg Rayton, Community Service
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

Special Committee report
by Linda Fitzgerald



There must be a way to manage this!

As you have read in previous *Bulletins*, our SKSR Unit is having difficulty recruiting members to fill vacant officer- and committee-chair positions. At the board's retreat on August 12, a member presented a plan of how we might hire a person to take some of the responsibilities away from these positions in order to "lighten the load" and encourage more members to volunteer their service.

At our next meeting, in September, board members engaged in a thoughtful discussion about how to proceed.

As a first step, each officer and committee chair made a list of his/her duties and annotated the list with the estimated number of hours for each duty per year. The lists were then sent to a volunteer committee of board members who combined the information, which can be used to help define the role of an office assistant.

The next step will be to contact WSSRA for help with writing the job description and pay schedule. Stay tuned as more information will be coming in the next few months.

(chair's message continued from page 1)

- Tell about a friend (without using the name) that you met through WSSRA and how that friendship blossomed and how s/he became important in your life.
- Is there a scholarship recipient who's gone on to become a local teacher and/or member?
- Your choice-memories that mean something to you.

Two or three paragraphs are adequate. If a photo adds to your story, please send it along as well. Your stories will be shared in upcoming *WSSRA Journals*, at meetings during the year and at the planned convention in June."

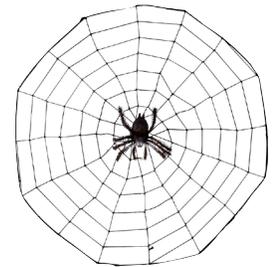
Please send your "story" that we can share to Jim Siscel at jsiscel@comcast.net.

Important and helpful information on these websites

WSSRA.org, the Washington State School Retirees Association website, is an important resource to all members and school employees, retired and active. The website is easily accessible and contains valuable information.

SKSR.org is an important resource for SKSR members, active and retired.

You can find a link to the most recent updates on its home page.



Legislative update

Getting ready

by Jim Siscel



The new legislative session won't begin until after the new year, but plans are already under way.

New software makes contacts easier

WSSRA has purchased new legislative software called *Voter Voice*. It will automatically identify the legislative districts of our members when they want to send a message to their legislators.

During the next legislative session, there will be a special page on the WSSRA website where members can compose a legislative message, and the computer program will send it to the appropriate legislators.

Legislative sessions are paired

Washington state legislative sessions are arranged in biennium pairs. The first sessions occur in odd-numbered years. They last 105 days; they can last longer if special sessions are needed to finish business. The biennium budget is set during these sessions, and major spending measures are passed.

The 60-day, second sessions occur during even-numbered years. Legislators fine-tune the directions set during the previous sessions, and spending measures are generally smaller.

Any bill not passed during the first session theoretically remains "active" and could be revived at any point before the end of the second session.

Upcoming Events At-a-Glance

JANUARY—Service Project

Washington Kids in Transition

FEBRUARY—General Meeting

Humanities Washington

MARCH—Field Trip to Asian Art Museum

APRIL—Scholarship Luncheon

MAY—Joint Luncheon with Sno-Isle

Member Information Updates

New Member

Elizabeth Scott

Deceased

Gayle Bromley, 8/2021

Shoreline retiree, Member since 2016.

Sharron Dimmit, 7/2021

Member since 94/95

Margaret Hyman, 8/2021

Edmonds retiree, Member since 94/95.

Susan M Jaffee, 9/2021

Member since 2014.

Beverley E Leonard, 9/2021

Edmonds retiree, Member since 1998.

Donald Wightman, 9/2021

Member since 1995.

November Scholarship Brunch canceled



Our November Scholarship Brunch has been canceled because of indoor COVID-19 restrictions. We were planning to hold this gathering at the Richmond Beach Lutheran Church, but they are following the governor's restrictions on indoor meetings and not allowing food or drink. Our board made the difficult decision to cancel another one of our events.

We hope that our Scholarship Luncheon on April 21st will be held and we will have a chance to meet and congratulate our new 2022 scholarship awardees.

by Linda Fitzgerald

SKSR service project

Supporting hungry kids again: Can you help?

by Virg Rayton, Community Service chair

Sno-King School Retirees has adopted Washington Kids in Transition for our annual community service project again this year. There are over 1,200 children in South Snohomish who are considered homeless and part of the McKinney-Vento Homeless Children and Youth Assistance Act. These children may live in shelters, tents, cars, transitional housing or other temporary housing. Director Kim Gorney and Susan Larson head up the local unit of Washington Kids in Transition which is committed to the provision of basic needs to these homeless children. It seemed like a natural choice to receive our SKSR assistance.

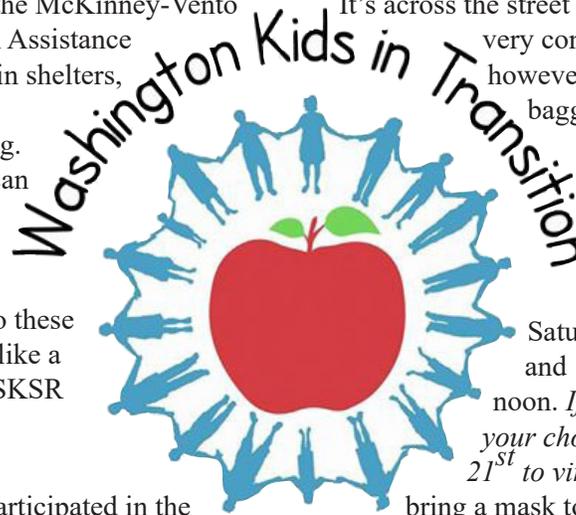
How do we help?

Those of you who have participated in the past will remember how we bagged nutritious snacks at Edmonds Methodist Church which were then dispensed to the children at the end of each day so they'd have something to eat that evening. Forty of our SKSR volunteers came on a January Saturday in both 2018 and 2019 to bag snacks. Covid 19 closed the church causing us to only make a monetary donation last year (2020). The SKSR board authorized a \$500 donation and, in addition, individuals wishing to do so made personal contri-

butions amounting to another \$500 totaling \$1,000.

With the church closed, the Washington Kids in Transition moved to a new location at 19721 Scriber Lake Road, Suite B, Lynnwood, WA 98036.

It's across the street from Jo Ann Fabrics and very convenient. With limited space, however, it can only accommodate 20 baggers at a time.



Help by joining us on January 8 or 15

Since this has been such a popular activity, we've scheduled two consecutive Saturdays this year, January 8th and 15th, from 10:00 until 12 noon. *If you can help, please email your choice of date BY DECEMBER 21ST to virg@raytonfamily.com.* Please bring a mask to wear that day.

Help by sending a monetary donation

Secondly, if you'd like to supplement our unit's monetary donation of \$500 with one of your own, you may send a check to our treasurer. Make it out to Sno-King School Retirees and send it to Tom Hawkins, 9630 - 236th Pl SW, Edmonds, WA 98020 BY DECEMBER 15th.

It's a most worthy cause.

10 commandments the hearing-impaired wish you knew

1. Thou shall not speak to the listener from another room.
2. Thou shall not speak with your back toward the listener or while the listener's back is toward you..
3. Thou shall not speak as you walk away.
4. Thou shall not turn your face away from the listener while continuing to talk.
5. Thou shall not speak while background noise (water running, radio or TV playing, people talking, etc.) is as loud or louder than your voice.
6. Thou shall not start to speak before getting the listener's attention and while the listener is reading, engrossed in a TV program or otherwise preoccupied.
7. Thou shall not speak while your face is hidden in shadow.
8. Thou shall not obstruct a view of your mouth while speaking.
9. Thou shall not speak rapidly or by shouting.
10. Thou shall be patient, supporting and loving when the listener appears to have difficulty comprehending what has been said.

Health news

Watching out for extra sugar in our diet*by Robin Randles, Health chair*

Added sugars can easily add a lot of calories to one's diet. We don't often realize how much added sugar we eat. Excess sugar can be a factor in our health, even for those who maintain a healthy weight. It pays to become a food-label reader and rethink how to sweeten foods.

Naturally occurring sugars are found in milk (lactose) and fruit (fructose). Any product that contains milk (such as yogurt, milk or cream) or fresh or dried fruit contains some natural sugars. Naturally occurring sugars do not have the same effect on our bodies as added sugars. Naturally occurring sugars are bound up in the fiber and nutrients of the food and are absorbed into the body more slowly.

The American Heart Association recommends limiting the amount of added sugars you consume. For most American women, this is no more than 100 calories per day (6 teaspoons or 25 grams) and no more than 150 calories per day for men (9 teaspoons or 36 grams). Labels list the added and naturally occurring sugars in grams. To calculate the number of calories, multiply the number of grams of sugar by four. There are four calories in one gram of sugar.

The major sources of added sugars in American diets are regular soft drinks, sugars, candy, cakes, cookies, pies and fruit drinks, dairy desserts, sweetened yogurt and milk products. Added sugars are the ones to limit in your diet.

Added sugars are sneaky! They go by many names. Names for added sugars on labels include: agave nectar, barley malt, brown rice sugar, brown sugar, corn sweetener, corn syrup, corn syrup solids, dextrose, fructose, fruit juice concentrates, glucose, high-fructose corn syrup, honey, invert sugar, lactose, malt sugar, maltodextrin, maltose, molasses, raw sugar, sucrose, sugar and syrup.

Reading the nutrition-facts label and ingredient list helps you know how much added sugar is in the food or drink. Total sugars include both added sugars and natural sugars. Check the serving information at the top of the label. If you eat more than one serving, you're getting more added sugars, calories and other nutrients. Ingredients are listed in order of quantity in the product. There may be several kinds of added sugars in the list.

Here are some ways to help reduce one's sugar intake:

- Instead of adding sugar to sweeten oatmeal or cereal, add your favorite fresh or dried fruit.
- Drink low-calorie or sugar-free drinks instead of sugar-sweetened beverages. Drink plain or sparkling water.
- Have fruit for dessert instead of cookies or pastries.
- Cut the amount of



sugar used in recipes for cakes and cookies, or switch out sugar completely by using unsweetened applesauce.

- Instead of adding sugar in recipes, use extracts like almond, vanilla, orange or lemon.
- Enhance foods with spices instead of sugar. Try ginger, allspice, cinnamon or nutmeg.
- Condiments such as ketchup and barbecue sauce can be high in sugar. Use a low-sugar condiment option or salsa, mustard or hot sauce.

Be mindful of the amount of sugar you eat. Reducing the amount of added sugars eaten cuts calories and can improve heart health. Reading food labels is a great way to become aware of the different sugars added to foods. Compare products to pick the one with the least sugar. Trying new ways to naturally sweeten foods helps one eat a more healthy diet. Awareness is the first step to changing eating habits.



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, 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.