

Sno-King School Retirees



September-October 2021

The SKSR Bulletin



A message from your board

Board makes plans for future

by *Jim Siscel, chair*

Your board held its annual planning retreat at my house on the second Thursday of August. The weather was nice in the morning, became warmer as the morning progressed and was hot after lunch. It was nice to be able to see each other face-to-face vs the many Zoom meetings that have been held since last

March.

Our financials are solid with growth in our SKSR and Winnie Smith scholarship funds. Membership is down by 41 from last year, mainly due to deaths and a few withdrawing from our WSSRA and SKSR organizations. We have, however, gained several new members during the past year.

Proposed calendar for 2021-22

We went over our proposed calendar, realizing that events may have to be moved or canceled depending on current COVID restrictions. The uncertainty is because our luncheon venues—le Bistro and First Lutheran Church—have not finalized whether or not they will be open for outside organizations to use. As a result, we are canceling our October meeting. Members will have to wait for email updates to find out how and where our meeting will occur in **November**. This information will be posted on our website, sksr.org, under *Events* as soon as it is known. We have planned for interesting speakers and updates from two of our district superintendents.

In **January**, we will do our annual service project by filling bags with snack items for homeless youth being served by Washington Kids in Transition. Specific information, date and time, will be in the next *Bulletin*.

(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

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



Though I'm no longer active with the SKSR Board, I still help the editor with proofreading the *Bulletin* and enjoy attending some of the SKSR activities when we're in Edmonds.

I'd like to share some thoughts about our organization and why I believe it's important that we maintain it.

SKSR provides...

SKSR plays a vital role in preserving and protecting the benefits and status of retired school employees, both currently retired and pre-retired. First and foremost, SKSR *provides* local support for the political efforts of WSSRA, which is one of the most influential watchdogs/influencers of the legislature's decisions about retiree pensions and other benefits.

Additionally, SKSR *provides* social and networking opportunities for members who teach, taught or live in the Edmonds, Northshore and Shoreline school districts. For retirees, most months there is some type of activity where members can congregate to connect, reminisce, serve

(chair's message continued from page 1)

We will be scheduling a Humanities Washington speaker for our general meeting in **February**. We have a field trip tentatively scheduled for **March** to the Asian Art Museum, depending on it being open for tours. An **April** Scholarship Luncheon and a Joint Luncheon with Sno-Isle in **May** are on the schedule.

Changes ahead: by-laws and grant process

The by-laws changes were approved by those attending our July picnic. Some changes were approved by the board with reference to our grant process. We have increased the individual grant amount to \$300. See the website under *Grants* for all information. A reminder to our active educators that grant requests are due by Thursday, November 4th.

Letter to the Editor

by Bruce Caldwell

and learn (most non-Covid months, that is).

For active teachers, SKSR *provides* grant money to be used for projects in their classrooms. Over the years, more than \$98,000 has been awarded to enrich learning experiences in our members' students.

SKSR also *provides* scholarships for high school graduates who are planning a career in education. The unit awards four scholarships to high school seniors each year, and the Winnie Smith Scholarship Fund renews those scholarships for three more years as long as the students successfully remain in an education-related major.

Options to ease the workload

Sustaining the many SKSR activities for the more than 1,600 members means that some volunteer help is needed, including stepping up into leadership positions. The board is looking at options that might ease the workloads and time commitments for leadership and volunteer positions. The board is exploring ways to sustain the unit over the long term and hopes to provide additional support for the organization.

Stay tuned for changes, and step up to help if you are able.

Keep SKSR the vibrant and strong organization that advocates for you and keeps you connected. To paraphrase the old military recruitment slogan, SKSR wants YOU! Give a little; receive a lot.

Hire an administrative assistant?

A proposal was made by SKSR member Bruce Caldwell to hire an administrative assistant to lessen the work performed by individual officers and board members. This was discussed briefly and will be the only topic of the board's September board meeting.

Upcoming Events At-a-Glance

NOVEMBER–TBA

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

Scholarship update

Winnie Smith Scholarship update

by Keith Lindaas

**Amanda Dorgan (Lynnwood HS), Shannon Rhodes (Shorecrest HS),
Amanda Stanley (Lynnwood HS) and Nomin Ulziisaikhan (Meadowdale HS)
are receiving their second Winnie Smith Memorial Scholarships (\$2,000).
They were awarded their original SKSR scholarships in 2019.**

Amanda Dorgan attends Seattle Pacific University and is continuing her mathematics major as well as being very involved with concert choir. She states that she will be taking many, many math classes along with two choir classes and finishing up the general education classes this coming year. After getting her teaching credentials, she hopes to teach in a local school district.

Shannon is a student at the University of Washington and has applied for a Speech and Hearing major, along with a minor in American Sign Language. She feels that this will help her better serve the children she will eventually work with as a speech pathologist in schools. Shannon is looking forward to working with students and contributing to a positive learning environment for them.



Amanda Stanley attends the University of Washington and was accepted into the Early Childhood and Family Studies major this spring. She has been taking classes that help to fulfill her degree requirements and is also working towards completing her minor in American Sign Language. Amanda is committed to her field of early childhood education.

Nomin is attending the University of Washington at Bothell. One of her first classes was learning how to become an effective teacher and how to speak in front of a classroom and communicate her thoughts to others. Nomin says, "Prior to that class, I didn't have an exact reason for loving teaching as much as I do, even though I've always had a passion for teaching and sharing my knowledge with others."

**2020 SKSR scholarship winners who are receiving their first scholarships
from the Winnie Smith Memorial (\$2,000) are
Piper Rosman (Shorecrest HS) and Madison Strahan (Lynnwood HS).**

Piper is a student at Western Washington University. She says her classes have been super interesting even though they are not in-person. Piper said, "I have had the benefit of wearing sweats to each class and only having to transport from my bed to my desk. They happen to be only two feet away from each other!" She is still interested in early childhood education but is also looking at other degree paths.

Madison is attending Shoreline Community College. She is still planning to major in education with a minor in history. Madison states that this past year has been hard for everyone, considering quarantine and the virus. "But during this time, it has helped me to realize that my decision to go into education was a wise one. Seeing how my teachers have structured their classes has helped me see how I could structure my future classroom."

Active teacher grants update

Projects from grant recipients

by Karen McElliott

During this school year, our unit distributed \$5,739 in grants to active members. Following are some of the ways in which they used the grants:



Second graders read biographies about Audrey Hepburn, Bruce Lee, Ada Lovelace and David Bowie.



Lynndale students read biographies of inspiring individuals, such as Josephine Baker, Harriet Tubman and Frida Kahlo.



Kari Park's second grader students read biographies of L.M. Montgomery, Muhammad Ali and Dolly Parton.

Kari Park, second-grade teacher from Lynndale Elementary, received an SKSR grant to buy assorted titles from the biography series *Little People Big Dreams*. She wanted titles that would inspire her young readers. In addition, these books are written at a level “friendly” to second-grade readers, including those not yet reading at level. As you can see from the titles, the selected subjects represented men and women of various ethnicities and fields of endeavor, including civil rights, the arts, and sciences. Kari wrote, “Here are a few pictures of my class enjoying our biographies! Thank you so much for your generosity. We will get years of use out of these wonderful books and will share them with other classrooms as well.”

Note: We have chosen not to include any photos showing students' faces since, with last year's remote start, etc., we were unsure of which student images we had permission to use.

First graders use neon watercolors and pencils, sharpies, and a blacklight to create greenhouses to showcase their flowers.



Stacey Sataren, first-grade teacher at Lynndale Elementary, used her grant to purchase art materials to enhance a science/non-fiction/art unit, which she based on Robert Macfarlane and Jackie Morris's *The Lost Words*. The children used the art supplies to paint flowers and encase them in greenhouses drawn with sharpies. They shared their creations by displaying them under black light for a “wow” factor. Stacy said, “They loved seeing the paintings under black light. Thank you again!” At the end of the year, the class had a Glow Day celebration, using some of the neon-art supplies and black light. They set up socially distanced stations: a photo booth, an art station, and a ping-pong ball toss/dice game.

Attention all SKSR Active Members

2021-22 Educator Grants Are Now Being Accepted!

Apply for up to \$300 to further your work with students!

You will find this year’s directions and application form on the SKSR website (sksr.org; click on the Grants button). Once again, they are slightly modified from last year. Besides raising the maximum amount to \$300, here are the main differences:

- Grant proposals will not need to be for remote learning.
- While no grants will be approved for field trips, those to fund in-person student workshops and speakers will be acceptable.
- Principal signatures will return to being embedded in the grant application instead of through a companion email.

The Grant FAQ page has also been revised. Please refer to it for additional information. It

covers questions about eligibility, budget format, the need to apply sales tax and other relevant topics.

If you have questions, please contact Karen McElliott (ksmcelllott@gmail.com).

Grants must be submitted by midnight, **Thursday, November 4.**

The Grants Committee is hoping to disperse \$9,000 in grants this fall.

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.

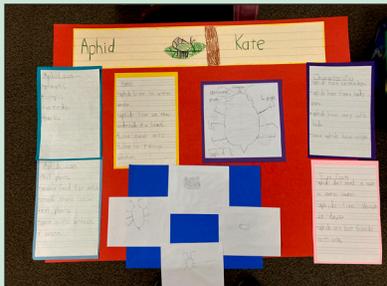


(Grant projects, continued from page 4)

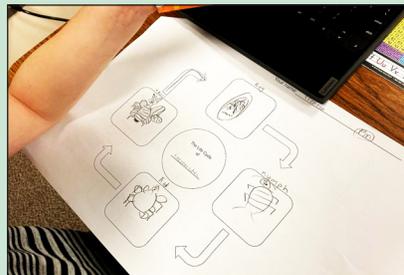
Frank Kleyn, Lake Forest Park teacher-librarian, used his grant to purchase insect research books for second graders. The books supplemented their understanding of insect life cycles. Frank and two LFP second-grade teachers taught the students how to use text features of the books to research.



Frank purchased books from Follett's World of Insect series, choosing insects found in Washington state.



Aphid poster: Each student created a poster for presenting his or her insect to classmates.



After learning the life cycle of butterflies as a class, each student researches the life cycle of his or her insect.



Following instruction on how to use text features, students record their findings.

Health news

The umami craze

by Robin Randles. Health chair

Umami is the fifth flavor in addition to sweet, salty, sour and bitter. A Japanese scientist, Kikunae Ikeda, discovered it in Japan over 100 years ago. Dr. Ikeda eventually found the taste of umami was attributed to glutamate.

It wasn't until the mid-1980s that "savory" began to be recognized as a discernible taste. Umami has its own taste receptors and is now officially recognized as a distinct taste.

The term umami means "essence of deliciousness." The flavor of umami is savory, brothy, rich or meaty. It helps to deepen or complete flavors and aromas. Umami is an enjoyable taste imparted by glutamate, a type of amino acid, and ribonucleotides, which occur naturally in many foods.

Some of the foods that provide the umami

flavoring include Parmesan cheese, tomatoes, mushrooms, seaweeds, kimchi, meat, fish, shellfish, green tea, soy sauce and fish sauce.

Umami is important because greater amounts of umami flavor balances the taste and rounds out the overall flavor of the food or meal. The use of umami reduces the need for salt without a negative impact on flavor. Umami spreads across the tongue and lasts longer than other flavors. It improves appetite appeal and a feeling of fullness after a meal. Umami compounds are typically found in high-protein foods, so tasting umami tells your body that a food contains protein.

In response, your body secretes saliva and digestive juices to help digest these proteins.

Today umami is a trend and has found its way onto grocery store shelves in Western countries—witness the rise of instant noodles. The flavor has even inspired restaurant chefs. Umami Burger is a Los Angeles-

based chain that's made a name for itself by seasoning its meat with umami. Umami has become popular as a flavor with food manufacturers trying to improve the taste of low-sodium offerings.

We often add umami when it seems like something is missing in our food. Cooking with ingredients rich in glutamate will round out the

flavors in any dish. Proteins like pork, beef, fish and shellfish make strong umami foundations, and

vegetables like tomatoes, mushrooms and seaweeds are also high in glutamate (umami).

If you don't already cook with seaweed, an easy way to add it to your food is by keeping around a jar of furikake, a Japanese seasoning containing nori, to sprinkle on foods. A few umami boosters for your pantry include ketchup, miso, truffle oil, ranch dressing and soy sauce. And for the purest form of umami, sprinkle a dash of MSG, or monosodium glutamate, on your food. Glutamate is the amino acid that creates the taste sensation of umami on your food. Add any combination of these glutamate-rich ingredients to your menu and you have the ultimate umami meal.



Summer activity
Annual picnic

by Jan Phillips and Karen McElliott

July 15 began as a cool, cloudy day, but that did not dampen the spirits of the 47 SKSR members who attended the annual picnic at the Edmonds City Park. Attendees enjoyed box lunches prepared by Chef Dane.

Scholarship committee chairs Linda Fitzgerald and Keith Lindaas introduced the 2021 SKSR Scholarship recipients and explained about the continuing scholarship opportunities available to these students through the Winnie Smith Scholarships.

WSSRA President Bruce Boyer was introduced. He spoke about topics of interest that are posted on the state association’s website.

WSSRA Executive Director Alan Burke complimented SKSR for being the second largest

unit in the state and for the work we do. He spoke about a variety of WSSRA initiatives for the coming year.



Grant chair Karen McElliott introduced Mat Grover, one of our grant recipients. Mat, who teaches at Hill Top Elementary, spoke briefly about using his grant to purchase copies of the award-winning *Brown Girl Dreaming* for his students.

Copies of the proposed by-laws changes were distributed; all passed.

Rita Requa reported that \$123 was collected for the WSSR-PAC.

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WSSRA Executive Director Alan Burke installs SKSR officers: Tom Hawkins, treasurer; Jan Phillips, secretary. Other board offices remain unfilled.

Member Information Updates

New Members

Katherine Dedrick William McKeighen

Deceased

Christie Coffey 7/2021,
Member since 2012

Alice Glasgow, 6/16/21,
Edmonds retiree, member since 1990-91

Michael Malan 6/3/2021.
Shoreline retiree, member since 1994-95

***Janice Maxson** 6/2021,
Edmonds SD, member since 2005

Nancy McMann, 6/2021,
Shoreline retiree, member since 1991

Elizabeth Sears, 7/2021,
Edmonds retiree, member since 1988

*=active member



WSSRA serves retirees in many ways.

Visit wssra.org
to find information about...

- current topics
- your benefits
- legislative issues/action



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 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.