

Sno-King School Retirees



January-February 2022

The SKSR Bulletin



A message from your board

What's happening

by Linda Fitzgerald, chair

The holidays are behind us and now it's time to look forward to 2022. Since the weather experts are predicting a winter of rain and possibly snow, we need to relish our time indoors and pursue those activities that bring us joy. I know some of you will travel south for the winter and enjoy many warm days of relaxation. I

also know that some of you are still teaching and look forward to the challenges of the New Year.

Several years ago we gathered data on volunteer work that our members were doing and we discovered that many of you are involved in volunteer work of some kind. You are busy delivering food to those who are home bound, restocking food-bank shelves or assisting in a classroom. There are local organizations that honor our veterans, or animal shelters where you can walk dogs. There are so many organizations that look for the skills you have because of your teaching experience. I hope that you are still using all of these skills—but if not, and you're bored, we invite you to become a part of SKSR as a volunteer.

Our Sno-King School Retirees Board will continue to meet by Zoom and will plan activities for each of the five upcoming months. These are fun events where you can get out of your house and see friends. You can read about these activities on the following pages and learn how to sign up to attend.

Our board hopes that you will find an upcoming event that interests you, and that you will join us next year for at least one of our programs.

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

Our next event
by Roberta Hawkins

Whiskey and Wiretaps: The Northwest's Rumrunning King

You are invited to a Zoom webinar.

When: **Feb 17, 2022, 1:00 PM**
presented by Steve Edmiston,
sponsored by SKSR and Humanities Washington.
Registration will be required.

On Thanksgiving Day, 1925, Roy Olmstead was trapped by federal prohibition agents and their Tommy guns on a lonely Puget Sound dock. His reign as the Northwest's most prolific bootlegger had ended. But big questions—political, cultural, and legal—remained. Why did Olmstead, the youngest lieutenant in Seattle Police Department history, form a secret gang to take over Prohibition bootlegging in the Northwest? What can we learn today from “The Good Bootlegger’s” story of whisky-driven politics, culture wars, criminalization of popular social behavior, illegal surveillance, spies, sensational trials and Constitution-bending trips to the Supreme Court?

Using photographs, documents, newspapers and court cases, Steve Edmiston breathes life into Olmstead's story by exploring historical context, his entrepreneurial brilliance, his code of conduct and the profound impact of his legal battles today.

Our presenter, Steve Edmiston, has many talents. He is a business and entertainment lawyer with Bracepoint Law, an indie film screenwriter and

Register in advance for this webinar:

https://us06web.zoom.us/webinar/register/WN_PCwVFozARlidomP4HFzdAw

After registering, you will receive a confirmation email containing information about joining the webinar.

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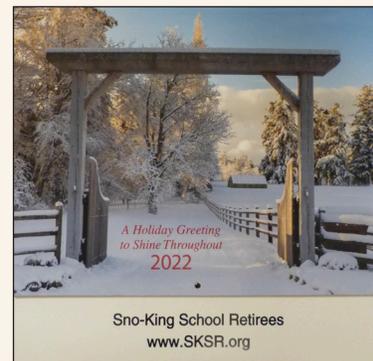
producer, a founder of Quadrant45 and a co-founder of The Good Bootlegger's Guild. He has spoken locally for the Washington State Historical Museum as well as on the Travel Channel's *Legendary Locations*. In fact, where he lives in Des Moines, Washington, is near the site of Olmstead's final arrest.

We hope you join us for this event. A link to join the event via Zoom will be sent to registered participants. A reminder will be sent about a week before the event. If you don't see the email by an hour before the event, check your spam folder. You can access Zoom in your computer's browser or download the app for free on an Apple or Android device. You do not need to have your own Zoom account in order to participate.

Click the link below to register, or type the link into your browser and follow the directions provided.

Calendars and Starbucks cards

An SKSR calendar was mailed in November to 85 of our retired members who requested one. Right after Thanksgiving, a \$5 Starbucks card was mailed to our 330 active-educator members, thanking them for all they do for the children in their classroom, schools and districts, especially during the past two years. “Thank you” to Cathy West, her husband and Jim Siscel for the folding and stuffing of envelopes and cards.



Legislative update

WSSRA working for you

by Peter Diedrick, WSSRA Legislative Director



At the legislature, the holiday season provides a brief respite from what is a busy political time. Legislators and their attorneys are busy crafting policy proposals and bills for consideration in the 2022 legislative session. Legislators can prefile bills as early as December 13, so we are starting our bill-tracking lists already. The 2022 session starts January 10 and is scheduled to adjourn March 10.

The WSSRA Executive Board has adopted a legislative agenda for 2022

- We will aggressively be pushing a Plan 1 COLA.
- We will also work to protect and improve your retiree medical benefits and make Plans 2/3 better by lowering early-retirement penalties.

The board also gave our political team permission to coordinate with the Superintendent of Public Instruction on legislation to assist with the current school-staffing shortage. They have asked for our help in loosening restrictions on post-retirement school employment, and we are excited to help them by coordinating that project. Hopefully, our efforts can ease the burden on our members who are still working.

You will be hearing from WSSRA as these bills work through the Legislature.

Constituent contact provides the energy to power ideas through the legislative process.

Tim Knopf, NW-1 Coordinating Council Legislative Representative and WSSRA Legislative Committee Member, sent out this message to those who recently contacted members of the Select Committee on Pension Policy.

Wednesday, November 17, 2021

Dear Plan 1 Letter Writers,

Congratulations! You did well! Your letters to the legislative members of the Select Committee on Pension Policy made a difference and have paved the way for a Plan 1 COLA bill in the 2022 legislature!

Below is an email sent out by WSSRA Legislative Director Peter Diedrick after yesterday's meeting of the Select Committee on Pension Policy. The SCPP met and took separate votes on the two Plan 1 COLA proposals being considered: Option A (automatic annual COLA) and Option C.

Though we did not receive a positive vote on the automatic annual COLA, the vote was close and the vote in favor of recommending the one-time 3% COLA to the legislature was 12 to 0. (Of course, it cost ten times less than the annual automatic COLA.)

That does not mean that we'll automatically get that 3% COLA, but it does mean that a bill will go to the legislature with the SCPP's endorsement. We have a good chance. Next, we'll need an amendment to raise the amount of that one-time COLA to something more in line with the inflation that we have been experiencing.

We're off to a good start for the coming 2022 legislative session. I believe that we may be able to make that automatic annual COLA a reality for Plan 1 retirees by the 2024 legislative session if state finances remain healthy.

Sincerely,
Tim

The email from Peter Diedrick, referred to in Tim's letter (paragraph 3, above) adds...

"...the vote means we still have a SCPP recommended bill to work in the 2022 Legislative Session.

"Thanks for your continued work on this. Our next step is the Governor's Office. We have met with the Governor's budget director and are actively lobbying for inclusion in his budget proposal to the legislature."

From your SKSR Board

February 8th ballot measures in Edmonds, Northshore and Shoreline School Districts

Each of our SKSR school districts is presenting a bond and/or levy measure(s) to the voters. We ask you to be informed of the measure(s) that you will have the opportunity to vote on. Following is brief information about what the bond/levy will provide in each district. There is a link to the individual district's website with more information. If you do not live in these districts, please check the website of the district where you live to find information about that district's measure(s) and vote there.



Edmonds School District February 8, 2022, Ballot Measures

The Edmonds School District Board of Directors voted to place an Education Levy on the ballot. This would be a replacement of the existing Educational Programs & Operations Levy, not a new tax.

This replacement levy will provide for: Critical staff—nurses, counselors, teaching assistants, technology support staff and custodians; Elective classes and enrichment programs; Science, Technology, Engineering & Math (STEM), International Baccalaureate (IB), Highly Capable, College in the High School and Advanced Placement; Special Education; Staff and services for students; Extracurricular programs; and art, drama, music and athletics.

This levy is the second largest revenue source for the Edmonds School District, making up about 15% of the budgeted general fund; approval would renew funding for four years through 2026.

The average estimated tax rate over four years for this levy would be \$1.50 per \$1,000 of assessed property value annually.

For more information: <https://www.edmonds.wednet.edu/cms/One.aspx?portalId=306754&pageId=37734814>

Shoreline School District February 8, 2022, Ballot Measures

Proposition 1: Replacement of Expiring Levy for Educational Programs and Operations

This replacement levy helps fund education programs not fully supported by state and federal funding, including: Special education staff and instructional programs, highly capable programs and academic support for students; Nurses, family advocates, librarians and counselors; building maintenance, utilities and transportation; and extra-curricular student activities, including music, drama and athletics

Proposition 2: Replacement of Expiring Capital Levy for Technology Improvement and Support

This replacement levy funds instructional technology and internet access for students and staff across the district. These funds help pay for: student and staff computers and technology access; software, online subscriptions, resources and classroom curriculum; annual maintenance and licensing; equipment upgrades and replacement; and mail and website services for families, students and staff

The average estimated tax rate beginning in 2023 over four years for the two propositions will be \$1.59 (Proposition 1—\$1.41 and Proposition 2—\$0.18) per \$1,000 of assessed property value annually.

For more information: <https://www.shorelineschools.org/domain/1334>

(continued on Page 5)

(February 8 ballot measures, continued from Page 4)

Northshore School District Invests: February 8, 2022, Ballot Measures

During the Oct. 11, 2021, board meeting, the Northshore School Board approved a resolution to place three funding measures on the ballot to help continue the work to Build Better Together: modernizing schools, sustaining technology and increasing opportunities.

Educational Programs and Operations Levy–Renewal of the Educational Programs and Operations Levy (EP&O) to help educate all of students and bridge the gap between the funding Northshore receives from the state and what is needed to fully support students, staff and schools.

Technology Levy–The technology levy renewal will maintain our investment in technology for students. The technology levy funds devices for all students, classroom technology and innovative learning, allows us to provide assistive technologies to improve accessibility and funds technology training for students, staff and families.

Capital Projects Bond–The capital projects bond will help us address our highest facility needs. Funding from the bond would allow us to add additional classroom and learning space to overcrowded schools and reduce portable classrooms, make necessary repairs to improve and modernize aging school buildings, and make safety and security upgrades in school buildings.

The average estimated tax rate beginning in 2023 over four years for the two levies and one bond will be \$3.18 per \$1,000 of assessed property value annually. This is down from the current \$3.63 per \$1,000 of assessed property

For more information: <https://www.nsd.org/our-district/overview/bond-levies>

Build a digital defense against a new, scarier version of the grandparent scam

Source: the Oregon FBI's Tech Tuesday



Here's how it works: grandparents receive a call from one of their "grandchildren."

The grandchild's voice may not sound right, but the grandchild explains this is due to Covid-19 or some other illness such as strep throat.

The grandchild explains he or she is in legal trouble and needs some money to get bailed out of jail. When the grandparent agrees to provide funds, the grandchild also mentions there is a "gag order" in this case, and the grandparent shouldn't discuss this with anyone. So far–this is a typical kind of elder fraud case that we've seen before.

A new, scarier twist

In the past, there was a heavy emphasis on payment by pre-paid gift cards or wire transfers. But, here's the new twist: the fraudsters are demanding cash, which they want picked up in person. A supposed "bail bondsman" shows up at the victim's home, increasing the potential physical risk to the victim. He reminds the grandparents of the gag order and to not talk about the case.

After the initial payment, the grandparents will receive calls for additional money to be sent via U.S. Mail, FedEx, UPS, or other such service.

Here's how to protect yourself and your family:

- Don't respond to demands for immediate action. The scammers will use fear to manipulate you, trying to get you to act without thinking.
- If you receive an unexpected call such as this, check first with your family members to see if the story is true.
- Don't open door for strangers, and don't believe someone who tells you can't report something to law enforcement.

If you or a family member has been contacted by one of these grandparent scammers, make sure to report it to your local FBI office. You can also report such scams at the FBI's Internet Crime Complaint Center at www.ic3.gov.



sksr.org

Sno-King School Retirees Membership Directory Update Information

Do you need to update us before distribution of our new directory in early 2022?



As we prepare a new, updated Membership Directory for distribution in 2022, we want to incorporate any changes that may have occurred to your Name, Address, Email Address or Phone number since the last Membership Directory you received. This assures that we will be able to communicate our messages (*The SKSR Bulletin*, pension information from the Legislature, announcements about our SKSR events and letting you know what philanthropy you are a part of through SKSR) to keep you informed.

What to do? For EMAIL members:

1. View the Membership Directory attached to this *SKSR Bulletin* email.
2. Find your name and data. If all is current, you are done! Thanks for checking!
3. To make changes, email them to Erma Snook at information@sksr.org.
4. Want to be added to the Membership Directory or removed from it? Email your wishes to the email above.
5. Please make sure your full name is included in your email communications.
6. As always, the SKSR Membership Directory is for your personal use only. It is not to be used for any business purpose.
7. Please reply by February 1, 2022. Thank you!

At different times we use email, US Mail and/or telephoning. Of course, our most expedient, cost-saving, tree-saving method for timely, wide distribution is email. For some of us, email is not an option or preference. Please read below to see what to do to update your data with us.

The new directory will be distributed in February. All email members will automatically receive a Membership Directory. All US mail members may call Erma Snook at 425-776-2067 or email request to information@sksr.org to reserve a copy after February 15, 2022.

What to do? For US MAIL members:

1. If you have questions about whether your data is up to date and no Membership Directory is available to consult and if you received this *SKSR Bulletin*, your name and address are current.
2. Have you recently changed your phone number? Do you have an email address?
3. Would you like to be on the email distribution list instead of receiving communications via US mail? You would receive messages faster and in color.
4. Would you like to be added to or removed from the Membership Directory?
5. To update your data, if needed, contact Erma Snook at information.skrs.org, or telephone at 425-776-2067.

Whatever you send us, please be sure to include your full name.



wssra.org • 360-413-5496

FOR THOSE OF YOU WHO HAVE TROUBLE SPELLING, TRY THIS!

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SKSR grants

Twenty-two receive SKSR grants

by Karen McElliott, Grants chair

Each fall SKSR's active members are invited to apply for grants to facilitate special projects that enrich their students' educational experience or to provide materials/equipment to augment their students' learning. This fall, 22 active members received \$6,392 to use with students they serve. To date, the SKSR grant committee has distributed over \$104,000.

Congratulations to our 2021-22 grant recipients!

EDMONDS SCHOOL DISTRICT

Cedar Way Elementary

Michelle McShane: Materials which will allow kindergarteners to practice fine-motor skills and eye-hand coordination as well as social skills while working on math objectives. (kindergarten)

Kristi Pihl: Animal non-fiction books to engage struggling readers, enrich their science curriculum and serve as non-fiction writing models. (1st grade)

Edmonds Heights K-12

Erin Zackey: Materials for "Art in Science" which combines science, writing and art for students in first to sixth grades. (science, art, writing)

Hilltop Elementary

Sarah Allsop-Fine: Three sets of recommended high-interest/low-reading level fiction and non-fiction titles to develop an interest in reading. (5th grade)

Matt Grover: Multiple copies of three historical fiction titles written at different reading levels for Historical Fiction Clubs. (4th grade)

Lynndale Elementary

Catherine Feller: A bass and humidifiers for fifth- and sixth-grade students. (music)

Clarence Korf: Thirty-seven dyslexic-friendly books which will provide a wider range of reading material for students struggling with literacy acquisition. (library)

NORTHSHORE SCHOOL DISTRICT

Canyon Creek Elementary

Annie Hall: Materials for a classroom Maker-space with the goals of strengthening problem-solving and critical-thinking skills as well as building persistence and enhancing collaborative work. (4th grade)



SHORELINE SCHOOL DISTRICT

Briarcrest Elementary

Cindy Ebisu: A class set of good-quality headphones for use in a variety of classroom activities, especially literacy. (3rd grade)

Amy Pitts: A license for class access to IXL, a math program. (2nd grade)

Brookside Elementary

Sarita Benson: Two Zoom presentations by author Will Taylor: one on the elements of story writing and another on the writing process. (4th grade)

Echo Lake Elementary

Jean Bolivar: Copies of books nominated for WA Library Awards to increase the school's participation in choosing the winners. (library)

Shari Bronsther: Books to stock the school's book-vending machine in support of the school's PBIS system. (4th grade)

Kathryn Pihl: Books for beginning word readers. (1st grade)

Joe Wack: Books that feature characters that reflect the diversity in his classroom. (2nd grade)

Parkwood Elementary

Bethany Ibach: Materials to create Math Toolkits which support practicing math through games and activities. (1st grade)

Ridgecrest Elementary

Joanna Freeman: To expand the school library's collection of books that encourage and support primary readers reading on their own. (library)

Monica Holdridge: Chapter books to use with reading intervention groups. (Title/LAP)

Syre Elementary

Jennifer Altana: Library books which offer independent-reader choice for K-5 students. (library)

Katie Dawdy: Non-fiction to use as models in the Being-a-Writer curriculum. (3rd grade)

Amy Pleasant: Biographies highlighting the accomplishments of women and people of color. (3rd grade)

Marybeth Scherf: Biographies highlighting the accomplishments of women and people of color. (3rd grade)

Health news

Be careful with your condiments

by Robin Randles, Health chair

Keeping track of the condiments in the refrigerator can be tricky. Often we find something that has made it to the back of the refrigerator and we wonder if it is still good to use.

Many condiments have long shelf lives, but they will eventually expire. The giant bottle of ketchup or mayonnaise isn't a bargain if you don't use it fast enough. Brands tell you to refrigerate their products because they stay fresher that way. Quality tends to deteriorate after opening. Refrigerating maintains the flavor and texture. Writing the opening date on the cap or label can help keep track of condiments that have been opened.

How long is it good for?

Check the "use by" or "best by" or "sell by" date on the label. These dates aren't consistent and can be confusing as there is no federal standard regulating these dates. Manufacturers are encouraged to use "best if used by" to refer to the date after which the food's taste or texture starts to diminish and "use by" to indicate the date by which perishable food should be eaten.

Condiments can be kept in the warmer spots of the refrigerator, like the door of the refrigerator, because



the risk of spoilage is low. Organize condiments in order of purchase, so you use them in time.

The leftover ketchup and mustard packets from take-out restaurants don't need to be refrigerated. Once you open them, though, use them up or throw them away.

Is it spoiled?

Be careful when using condiments. Use a clean knife or spoon when dipping into dips, spreads and condiments as the crumbs and bits from other foods will speed up spoilage. Wiping down the caps and rims of jars between uses ensures a good seal when closing the lid. Letting in air can increase spoilage. Any condiment that has spoiled will smell different, taste odd, look wrong, or have mold or a cloudy film on top. Never eat anything that has spoiled.

Be sure to be a label reader when buying prepared food. The US government has a web page developed by the USDA's Food Safety Service dedicated to safely handling and storing food—foodsafety.gov. The FoodKeeper App, on the website, is used to understand the freshness and quality of foods, beverages and condiments. This app is also available for your iPhone or Android phone. [Foodsafety.gov](http://foodsafety.gov) is useful and informative.

Reflecting on growing older

1. My goal for 2016 was to lose just 10 pounds. Only 15 to go!
2. Ate salad for dinner! Mostly croutons and tomatoes. Really just on big, round crouton covered with tomato sauce. And cheese. FINE, it was a pizza. I ate a pizza.
3. How to prepare tofu: A-Throw it in the trash. B-Grill some meat.
4. I just did a week's worth of cardio after walking into a spider's web.
5. I don't mean to brag, but I finished my 14-day diet in 3 three hours and 20 minutes.
6. A recent study has found that women who carry a little extra weight live longer than men who mention it.
7. Kids today don't know how easy they have it. When I was young, I had to walk nine feet through shag carpet to change the TV channel.
8. I may not be that funny or athletic or good looking or smart or talented...I forgot where I was going with this.
9. I love being over 50. I learn something new every day...and forget five others.
10. I think I'll just put an Out-of-Order sticker on my forehead and call it a day.
11. Senility has been a smooth transition for me.

Service Project update

SKSR donates to local school-district foundations

by Karen McElliott

The last issue of the *Bulletin* included an article about SKSR’s donation to Washington Kids in Transition, our unit’s service project (*Supporting hungry kids again: Can you help?*). Virg Rayton wrote about the more than 1,200 children in South Snohomish County who are considered homeless. But homelessness and need don’t stop at the county line. To reflect SKSR’s membership from districts beyond those borders, the Board donated

the same amount (\$500) to similar initiatives in Northshore and Shoreline; Jim Siscel presented the checks by early December.

If you would like to supplement our unit’s donations to Northshore and Shoreline with one of your own, send your check(s) directly to the organization(s) of your choice. Pertinent check information is at the end of this article.

All donations would be welcomed.



Northshore School Foundation (NSDF) board member Pat Waldrop and NSF Executive Director Carmin Dalziel accept a check for \$500 from SKSR, presented by Jim Siscel. The money will go to the foundation’s Homeless Students Services, The NSDF serves students and families in the Northshore communities of Bothell, Kenmore and Woodinville.



Jim Siscel presents a check from SKSR, which will be used to purchase new clothing, to Jill Steinberg, chair of The Works. The Shoreline PTA Council’s The Works provides high-quality, clean, gently used clothing for children and teens of Shoreline School District families. Shoreline families experiencing economic hardship can take their children to “shop” at The Works.

Member Information Updates

New Members

Elizabeth Blake	Paul Koehl
Robert Boesche	Mary Loes
Rebecca L Cavanaugh	Timothy Parnell
Myrleen Christensen	Sharon Sanchez
Sue Gallo	Faye Scannell
Diane Graham	*Livia Ziebarth

*=active

Deceased

JoAnn A Cordz – 11/2020,
Member since 2014
J Scott Farquhar – 11/2020,
Northshore, Member since 2006

Fish, Donna L – 11/2020,
Member since 1999
Sandra L Hertz – 11/2020,
Shoreline, Member since 1997
Allen G Johnston – 11/2020,
Shoreline, Member 2015
David E Jones – 12/1/2021,
Northshore Retiree, Member since 1998
Helen MacGilvra – 10/2020,
Edmonds, Member since 2000
Roger K Reinig– 11/2020,
Member since 2009
Barbara Smith – 11/2020,
Edmonds



Help us with the *Bulletin*

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