

Sno-King School Retirees



September-October 2022

The SKSR Bulletin



A message from your board

What's happening

by, *Jim Siscel, chair*

I write this after chairing a great board retreat. Your board has scheduled a “normal” year again—that’s the good news. The bad news is that we need volunteers: At the end of this year, we will need a treasurer. The unit cannot function without a treasurer. We also need a legislative chair to coordinate messages regard-

ing legislative concerns of retired and active members, and we need a hospitality coordinator for our general meetings. We still need a president. Please volunteer to help if you can.

At our retreat, the board made an exciting decision to increase the amounts of each of our scholarships in the future.

And now a special message for those who retired in 2022...

Welcome, 2022 Retirees

Welcome to retired life! You will probably find yourself busier than when you were in the classroom teaching or doing some other educational job. But now **you** get to select what you want to do. We hope that one thing you will do is join with other Sno-King School Retirees (SKSR) in some of our activities. During the next year we will have a brunch, two luncheons, a service project, a general meeting with a speaker from Washington Humanities and a field trip. When you receive your *SKSR Bulletin*, please take time to read it.

As a newly retired SKSR member, the board would like to offer you a FREE LUNCH at each of our brunch/luncheons in October, November, April and May. Details regarding locations and programs appear in each *Bulletin*. When you read your *Bulletin*, you will find information on how to respond for each event. When you respond, please tell the RSVP person you are a 2022 retiree.

We hope to see you at at least one of our activities.

OFFICERS

vacant, President
Cathy Webb, 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
vacant, 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 *Cathy Webb, vice president*

October 20 Brunch will highlight European River cruising

The first event of the year is an October brunch at the First Lutheran Church of Richmond Beach, 18354 8th Avenue NW, Shoreline. The date is Thursday, October 20, with meet and visit at 9:00 am and brunch served at 9:30 am.



We are excited to have our own travelers, Lynda Hughes and Linda Fitzgerald, bring the program featuring their recent Viking River trip from Budapest to Amsterdam. Join us to enjoy the beauty and hear their comparisons of a river cruise to a large ocean liner voyage. Shoreline Superintendent Susanna Reyes also joins us to provide an update on happenings in her district.

The brunch menu catered by Chef Dane features a frittata, red potatoes, fresh fruit and pastries. Please let Cathy Webb know if you plan to attend. Email her at clmwebb0810@gmail.com or text or call her cell number **(425) 877-5753**.

The cost is \$5.00 for members and \$10 for guests. Payment is made at the door. Our organization subsidizes the cost of the brunch as a thank you to our members.

Please respond no later than Friday, October 14.

Due to costs, SKSR clerical hire plan put aside

by *Jan Phillips, secretary*

As a response to SKSR leadership request that we create a SKSR clerical position to support board members, Bruce Caldwell presented a proposal at the board's August 2021 retreat. He explained the differences among the three basic employment classifications and some of the basic tax requirements that went with each position. This proposal was put on the agenda for the September meeting.

At the September meeting, the board first discussed the three classifications and decided that they would investigate the position of independent contractor. A committee was formed to determine what tasks and officers/chairs this position would support. It was agreed at later meetings that the support would be for the president, grants chair, scholarship chair and help with the Bulletin folding.

After talking with these chairs, Karen McElliot composed a monthly chart of activities that

those individuals felt could be handled by a staff person.

Using this information, the committee created a job description that included the amount of time that would be needed to complete the tasks. The financial cost for the services was estimated to be under \$6,000 and interview questions were created.

At that point, we received advice to run this position past a Washington State employment lawyer to make sure that it would fall under the category of the independent contractor status. After a conversation with the lawyer, Jim Siscel called a meeting to discuss his findings. According to the lawyer, the way the job was created, it would not qualify as an independent-contractor position, but rather an employee position. This added costs and paperwork to the process. Because of the costs, which are now estimated to be over \$7,000, it was decided to put the idea aside.

Scholarship updates

by Keith Lindaas

and Linda Fitzgerald, scholarship co-chairs



Winnie Smith Scholarship Updates

Our second-year scholarship winner, **Madison Strahan** (Lynnwood HS) is finishing her Associate Arts program at Shoreline College. She is planning to become a high school teacher in history. Madi writes, "I think that education is an important topic that needs more support and more people need to take the field of education seriously."

There are three final-year winners:

Amanda Dorgan (Lynnwood HS) is a student at Seattle Pacific University and plans on getting her BA in Mathematics. Once she graduates from SPU, she plans to begin grad school. After getting her master's degree, she wants to become a high school math teacher. Amanda has

been very involved with the Chamber Singers and Concert Choir while at SPU.

Shannon Rhodes (Shorecrest HS) is attending the University of Washington, where she is a Speech and Hearing major and is pursuing a minor in Educational Learning. Shannon's goal is to go to graduate school to become a speech-language pathologist and to work in elementary schools. She spent this past spring break working with elementary kids in Tonasket, WA.

Amanda Stanley (Lynnwood HS) is in the Early Childhood program at the University of Washington. She was waitlisted on getting into her program this spring. Amanda plans on a gap year and will resume her studies in the fall of 2023. At that time she will be eligible for her final scholarship.

Alma Irene Wells honored by memorial scholarship donation

Nancy Gladow chose to donate to the Sno-King School Retirees Scholarship Fund in memory of her mother, Alma Irene Wells (1919-2019), who was a long time teacher. Alma taught in Montana, Alaska and Minnesota prior to marrying and moving to Salem, Oregon, with her husband, John T. Wells Jr., where they raised their three children. In Salem, Alma taught home economics at Walker Junior High School (1960-1967) and South Salem High School (1967-1984). Alma spoke often of her love of the teaching profession and her enjoyment of her students. She frequently encouraged others to consider teaching as a profession and mentored a number of student teachers who kept in touch with her for the rest of her life. Alma believed there is no profession more important to the lives of our children than

teaching, and her daughter could not agree more.

Nancy read an article about our scholarships in the Edmonds

Beacon and she realized that they are a perfect fit for honoring her mother, especially since Nancy and her husband live in Edmonds and raised their children in Shoreline. She has generously contributed \$10,000 in her mother's name to our SKSR scholarship fund, which will pay for five of our future \$2,000 scholarships.

We are deeply grateful for this donation and her generosity.



Please contact Linda Fitzgerald (fitzdl@aol.com) if you are interested in a similar donation to honor the memory of a loved one.

Grants for active educators

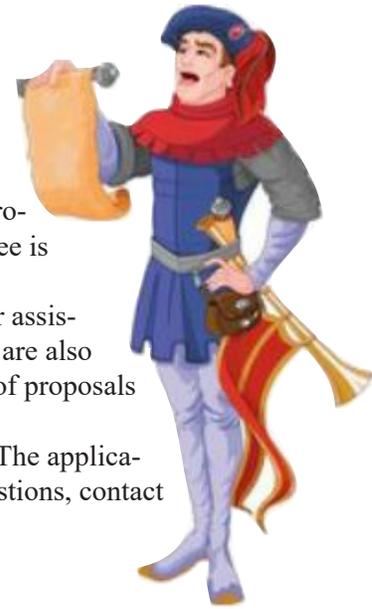
Proposals being accepted

by Karen McElliott, grants chair

It's that time of year again! The Grants Committee is accepting grant proposals of **up to \$300** for student-centered projects/activities. The committee is pleased to announce that it will once again fund student field trips.

Please check the SKSR website (sksr.org) for details, the FAQ page for assistance in completing your application, and the application form itself; there are also links to brief descriptions of past grants if you are curious about the types of proposals that have received funding.

The committee's \$9,000 budget allows us to fund at least 30 requests. The application **deadline is midnight, Thursday, November 3**. If you have any questions, contact Karen McElliott (ksmcelliot@gmail.com).



Sunny day, great companions, good food!

SKSR annual picnic

Thirty-eight members and their guests enjoyed their time together at the Edmonds City Park on July 21. Dr. Alan Burke brought good news about pension increases and talked about the need for everyone to be politically aware.

There was time for visiting with old (long-time) friends and enjoying a delicious lunch.

Attendees heard about the ways teachers used the \$100,000 in grant money provided by SKSR and information about the 2022 scholarship winners. Other business was discussed.

Jan Phillips encouraged attendees to consider volunteering with SKSR in the coming year.



WSSRA Executive Director Alan Burke installs SKSR officers: Jan Phillips, secretary; Tom Hawkins treasurer; and Cathy Webb, vice president.



Jim Siscel presents Honorary Lifetime Memberships to Dave and Marlene Johnson. Over the years, Dave edited the Bulletin; Marlene chaired Hospitality.

Member Information Updates

Deceased

Alice Anderson, 8/2022,
Edmonds member since 2008

Rindall Jones, 8/2022,
Northshore member since 1988

Kathleen Kobs, 8/2022,
Edmonds member since 1994

Kathleen Sherwood, 8/2022,
Edmonds member since 1999

Marlyn Stark, 8/2022,
Shoreline member since 1992

New Members

Bogle, Donna
Hulten, William
Lay, Patricia

McKinnon, James
Mills, Michael
Schumacher, Sarah

Health news

Colorful blues and purples in your diet

by Robin Randles, health chair

Eating the rainbow is an expression that is used to describe healthy eating. It means to eat a variety of colorful fruits and vegetables representing the colors of the rainbow—red, orange, yellow, green, blue/indigo and purple. The more diverse the colors on your plate, the more likely it is that your diet is filled with vitamins, minerals, healthy plant compounds and often over-looked nutrients. Increasing fruits and vegetables in your diet is a great step to improving your health.

Red fruits and vegetables tend to protect our hearts. Orange and yellow vegetables and fruits are packed with nutrients to protect your nervous system, promote eye health and help to build strong bones. Green fruits and vegetables regulate digestion and help to lower cholesterol. White fruits and vegetables help lower blood pressure.

One over-looked color category is the blue/purple fruits and vegetables. They are less common than the red, orange and yellow produce. These blue foods are good sources of anthocyanins—antioxidant compounds that may help support brain function, improve heart health and help decrease the risk of high blood pressure and certain types of cancer. They can help with healthy digestion and urinary tract health. Blue and purple fruits and vegetables are important for your memory and promote healthy aging. They have antioxidant and anti-inflammatory benefits. The blue/purple food group is great for reducing inflammation in the body.

Some blue/purple fruits and vegetables to consider adding to your diet:

Vegetables: Eggplant, purple asparagus, purple cabbage, purple carrots, purple peppers, purple potatoes, purple sweet potatoes, blue corn, beetroot

Fruits: Blue tomatoes/Indigo Rose tomatoes, Acai berries, blackberries, blueberries, boysenberries, elderberries, Concord grapes, black currants, purple grapes, plums, raisins, figs

Blue/purple fruits and vegetables and their health benefits:

Elderberry extracts may support healthy immune cells and battle off cold and flu viruses. Elderberries are one of the most popular plant remedies in the world. Elderberries should be cooked before



eating as they can cause stomach upset.

Blueberries are full of fiber, manganese, Vitamin C and Vitamin K. Blueberries are stocked with anthocyanins and have been shown to help prevent heart disease, type-2 diabetes, cancer and conditions of cognitive decline.

Blackberries are also full of fiber. A cup of blackberries meets the daily requirement for Vitamin K, which is necessary for blood clotting and bone health.

Concord grapes are full of antioxidants that support the immune system. Some studies suggest that drinking Concord grape juice daily may boost memory, mood and brain health.

Black currants are an excellent source of Vitamin C which plays a key role in wound healing.

Blue tomatoes contain antioxidants like lycopene, which is associated with lowering the risk of heart disease, stroke and prostate cancer.

Purple carrots are a good source of Vitamin A and Vitamin C, potassium, dietary fiber and manganese. They may help fight inflammation.

Blue corn may have a higher protein content and lower glycemic index compared to yellow corn.

Eating a rainbow has many nutritional and health benefits. Try some new colorful and unique foods. You may find a new favorite food. Pack your plate full of color and improve your health. Eating “blue” regularly may be worthwhile.

Back to School for some of us...



but not *all* of us!

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.