

Sno-King School Retirees



July-August 2023

The SKSR Bulletin



A message from your board

What's happening

by Cathy Webb, chair

We've experienced a stutter-step journey to the sun and warmth of summer this year, but our SKSR year has been sensational! Our luncheons and programs enjoyed consistent attendance. We've welcomed new faces and experienced adventures from explosive Mt. St. Helens to Spain to outer space

with school-district updates strategically placed and provided by our SKSR-member superintendents. We've awarded scholarships and grants, celebrated awards, and served our communities. I hope many of you will join us for our annual picnic—Thursday, July 20, at the Edmonds City Park at 11:30. We'll celebrate our teacher-grant recipients and install our 2023-24 officers.

Would you join us at our board retreat on August 17?

The strength of this organization is you, our members. We are over 1,380 strong and recognized as a Unit of Distinction in the state. I'm honored and humbled to be a part of your leadership team. The efforts of this capable group keep our unit engaged, relevant, and focused on serving our collective mission; however, we need a president! We also need fresh ideas and thoughtful planners. I encourage any of you looking for a meaningful volunteer opportunity or feel called to leadership to join us at our August 17 retreat where the planning for next year is accomplished. Come and see! Please contact me by August 11 if you are coming, as we want to order a box lunch for you. The strengths and contributions of each member continue to make SKSR a valuable resource committed to the vision of a strong, healthy, vibrant retirement for educators.

Have a fun and safe summer!

OFFICERS

vacant, President
Cathy Webb, Vice President
Jan Phillips, Secretary
Jennifer Altena, 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 Siscoel, Membership/Retirement/Website
Erma Snook, Membership Records
Jo Caldwell, Bulletin Editor

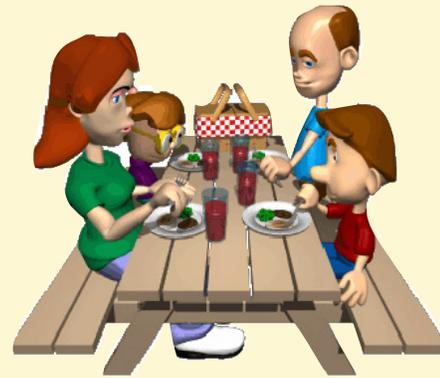
Our next event
Annual picnic
 by Jan Phillips

Please join us...

- Thursday, July 20th
- Edmonds City Park
- 11:30-2:00; Lunch served at noon
- Box lunches must be ordered by July 14

This will be an opportunity to chat with old friends, as well as hear about what some of our active teachers have done this last year with the grants funded by us. You will have a chance to meet one of our scholarship recipients.

There will be WSSRA leaders in attendance (Executive Director Alan Burke, WSSRA, WSSRA President Ron Crawford, and WSSRA President-Elect Kay Bishop) to talk about what has been happening at the state level as well as their plans for the coming year. We, SKSR, will also discuss our plans for the coming year. To end the day, there will be the installation of the 2023-2024 officers.



Order your box lunch by July 14

If you wish to purchase a box lunch it must be ordered by July 14. You do not need to purchase a lunch from us in order to attend the picnic.

There are four choices for the box lunch:

- 1) BLT croissant
- 2) vegan wrap
- 3) wrap with chicken
- 4) turkey and avocado sandwich.

Salad and dessert are included as is bottled water. The cost is \$5 for members and \$15 for guests. To order, contact Cathy Webb at 425-877-5753 or clmwebb0810@gmail.com.

Hope to see you there!

Community Leadership Award presented to Sno-King School Retirees



Edmonds Superintendent Rebecca Miner presents the award to the Sno-King School Retirees at the Washington Association of School Administrators Sno-Isle 109 Honorary Awards Recognition Event on April 27. The award was accepted by Jim Siscel and Roberta Hawkins.

Twelve Washington state school districts recognized individuals who contribute to bettering the education of children in their district by nominating them for the Community Leadership Award..

The Edmonds School District was honored to nominate the Sno-King School Retirees for the Community Leadership Award saying the following:

“This organization goes above and beyond for both our students and our retired staff who have given so much to our community. Sno-King School Retirees provide scholarships and grants to support students. Members of the organization are avid volunteers. They also provide helpful, informative, and relatable retirement seminars to our staff planning for their own retirements. We appreciate the Sno-King School Retirees and believe they are an excellent nominee for the Community Leadership Award.”

Legislative update

End-of-session report

by Tim Knopf, WSSRA Legislative Committee Member



The 2023 Legislative Session is over! This year, in 105 days, legislators agreed upon capital, transportation, and operating budgets for the next biennium. The operating budget approved by lawmakers for 2023-25 will spend \$69.2 billion on schools, prisons, the mental-health system, social services, parks, wildfire response, environmental programs (and us)!

Several times during the session it seemed that all might end in disaster for school retirees. Hours before the final session-cutoff deadline, three crucial bills of ours were hung up without floor votes, and not until the last hour did they get those votes and passed both chambers.

Despite every obstacle, school retirees did really well on our priorities:

Healthcare Benefits—These were protected and maintained in the new budget at \$183 per month for age 65+ PEBB members. (Delivered to the governor)

Equalizing Plan 2 and Plan 3 Retiree Health Insurance—House Bill 1008 ensures that Plan 2 members will have the same right as Plan 3 members to enroll in PEBB insurance after previously deferring it because of an alternative insurance.

Equalizing Return-to-Work Rules—Substitute House Bill 1056 equalizes return-to-work rules so that all retirees (PERS, TRS and SERS) may work up to 867 hours per year without jeopardizing their pensions.

Paying Off the TRS 1 and PERS 1 Unfunded Liability—The House wanted to take away all of the \$800 million promised earlier toward the TRS 1 unfunded liability. Senate Bill 5294's passage, thankfully, left \$250 million for that purpose.

Passing Plan 1 COLA Legislation—Plan 1 members did not achieve a permanent COLA this session or secure a second COLA for 2024. However, because Senator Conway's Senate Bill 5350 won out in budget negotiations, **Plan 1 members will receive a limited and capped one-time COLA of up to 3% starting this July. The bill also requires a study to be done this biennium on providing a permanent COLA!**

One of our lobbyists described 2023 as “probably our most successful session ever.” He attributed that success to all the retirees who wrote to their legislators, “Many legislators really heard us.”

WSSRA Executive Director Alan Burke and Legislative Director Peter Diedrick did amazing work this session. That is also true of our contract lobbyists and legislative gurus, Fred Yancey and Michael Moran. The WSSRA Legislative Committee, member volunteers from across the state, also worked tirelessly.

Member involvement made a difference

However, it was our regular members who used *Voter Voice* to communicate with legislators, and you who wrote or spoke individually to legislators and who sent written and gave oral testimony to committees when hearings were held on important bills that made the difference. ***Without your involvement, we wouldn't have had such success!***

How much more will we achieve next session if we are more active, more numerous and even better organized for 2024?

We will also need to focus on the members of the SCPP (The Select Committee for Pension Policy) once they begin meeting in May or June to consider pension issues. We would like our concerns to be in their minds when they form and release their recommendations to the Legislature at their November 2023 meeting. What they support carries great weight!

Printed Bulletin vs E-mail Bulletin

We send out about 320 printed *Bulletins* each issue; we email about 1,075 *Bulletins* each issue. Because of increased paper costs, our printed *Bulletin* costs have doubled.

If you would like to receive the publication at least a week earlier, see the photos and other items in **color**...you can have that if you would be willing to receive the *Bulletin* via email. Please contact Erma Snook, egsnook@comcast.net or 425-776-2067 and ask to be changed to the email distribution list.

Scholarship update

Program shows major growth

by Linda Fitzgerald, Scholarship co-chair

Numbers and amounts of scholarships support more deserving students

Another scholarship season has passed and our Sno-King School Retirees were again able to make an important difference in our students' lives with this financial support.

From \$500 to \$2,500

The scholarships to graduating high-school seniors are funded from your dues. We started awarding scholarships in 1996 with \$500 scholarships awarded to three students, one in each of our school districts. We soon raised the amount to \$1,000 then \$1,200, \$1,500 and \$2,000; we now award \$2,500 scholarships.



Students may renew for three more years

In 2008 we also began using a bequest from one of our members, Winnie Smith, that enabled us to offer renewable scholarships. We now award \$2,500 for the first year of the renewable Winnie Smith Scholarships and \$3,000 for the final two years with the stipulation that each year the students reapply by reporting their progress towards a degree in an educational field. This next year we will have three students receiving \$2,500 and three receiving

\$3,000 Winnie Smith Scholarships.

For example...

Looking at additional information from just one high school in each of our school districts, you can see how much money has been awarded.

Edmonds-Woodway High School has had 13 students who have received scholarships since 1996 with a total of \$39,900.

Inglemoor High School has had eight students receive scholarships for a total of \$28,800.

Shorewood High School has had 11 students for a total of \$40,300.

Those are only examples from three of the 11 public high schools whose students are eligible to apply for these scholarships.

By the end of this year, we will have awarded \$216,000 to 64 different deserving students.

Watch for more specific articles regarding the progress of our Winnie Smith Scholars in the next few *Bulletins*. We are very proud of our scholarship program and appreciate any donations.

Our May Luncheon

by Barb Bumgardner, luncheon chair

Barb Bumgardner gives a "Certificate of Appreciation" to Dottie Metcalf-Lindenburger, after her presentation. At our Sno-King School Retirees' Luncheon on May 18, Dottie delivered a stimulating review of her journey to become an astronaut.



It was great to see so many folks at our Sno-King School Retirees' luncheon on May 18th, which was held at the Shoreline Center. The catered meal

by Chef Dane was delicious. We were joined by two of our local school superintendents, Susana Reyes from Shoreline, and Rebecca Miner from Edmonds, who also taught with our speaker in Vancouver, Washington, several years ago.

But the most "out of this world" experience was our presentation by Dottie Metcalf-Lindenburger, a former NASA astronaut!

At the age of nine, Dottie made a papier mâché model of an astronaut when her teacher asked what she wanted to become. In her presentation, Dottie reminded us that dreams don't just "happen." She went on to share with us the many steps she took along the way to her launching into space as an astronaut. Her parents sent her to Space Camp when she was 15, and when she returned, she built

(continued on the next page)

(May luncheon, continued from the previous page)

a model of the Space Shuttle Discovery, as it was launching with the Hubble Telescope that very year. After college at Whitman in Walla Walla, Dottie was quite interested in science and math. She got her teaching degree and went on to teach Earth Science at a junior high in Vancouver, WA.

One of her students asked her one day to explain how astronauts use the bathroom in space. She admitted that she had no idea, and went onto the NASA website to find the answer. While on the NASA website, she noticed that NASA was hiring teachers to become astronauts. After being accepted, she then went through over two years of training.

On April 5, 2010, exactly 20 years after she built the model of Discovery, Dottie was launched into space along with her crew of seven, on the Space Shuttle Discovery, on their way to the International Space Station.

Dottie included many striking photos in her presentation. If you are interested in learning more about our speaker, Dottie Metcalf-Lindenburger, you can find many interesting sites online. One in particular that I enjoyed was on the Seattle TEDx website that includes a 15-minute Ted talk entitled, “Dream Boldly” (<https://tedxseattle.com/speakers/dorothy-metcalf-lindenburger/>).

Our luncheon was a lovely connecting time for all who joined us. Thanks to the many volunteers who helped make the event such an enjoyable time.

April Scholarship Luncheon

by Cathy Webb

The focal point of the April luncheon was honoring and celebrating our 2023 scholarship winners. Marin Cady, Sophia Calandrillo, Sara Lawson, and Becca Hershey each received a \$2,500 scholarship. Kudos to our Scholarship Committee: Keith Lindaas, Linda Fitzgerald, Mary Lynn Potter and Virginia Low. Keith also updated us on our previous scholarship recipients continuing on in their studies to become educators who will receive Winnie Smith funding.

Newly appointed Edmonds School District Superintendent and SKSR member, Rebecca Miner, delivered an inspiring presentation of her walking trip to Camino de Santiago. Everyone in attendance left the luncheon with full tummies, a wonderful sense of accomplishment, and a renewed spirit of adventure!



Kim Gourney, director of Washington Kids in Transition, accepts a check for \$1,195 from Virg Rayton and Cathy Webb. SKSR private donations funded the check.

Help for Washington Kids in Transition

by Virg Rayton, Community Service Chair

Once again SKSR continued its community service project to organizations located in the three school districts where their members worked.

A \$500 donation has been made to Shoreline PTA Council’s “The Works,” the Northshore Foundation for their Homeless Student Service, and the homeless or home-challenged students in the Edmonds School District. Additional private donations from SKSR members to Washington Kids in Transition, will assist in the purchase of back-to-school items.

On Saturday, April 29, a cadre of SKSR volunteers met at the Washington Kids’ office in Lynnwood to bag school supplies. Those who helped that day were Jennifer Cobb, Pat Cornwell, Gerene Hipke, Paul Hipke, Virginia Low, Dave McElliott, Karen McElliott, Mary Lynn Potter, Whitney Potter, Jim Siscel and Virg Rayton.

Member Information Updates

Deceased

Harold, C. Hunt, April, 2023,
Retired Edmonds SD, Member since 1997.

Elaine K. Stalder, April, 2023,
Retired, Member since 2011.

Duane Uusitalo, April 6, 2023,
Retired Edmonds SD, Member since 1996.

New Members

Bernstein Tina	Nesting, Tamela
Cordray, Barbara	Peters, Edward
Fournier, Deborah *	Savage, Robert
Hagen, Rhonda	Shatto, Linda *
Hunter, Claudia	Shubin-Greer, Vetta *
Johnson, Stefani	Stolzenburg, Barbara
Kelsey, Bill	Wheeler, Joseph
Murphy, Kathy	*=active member

Health news

Great summer salads

by Robin Randles

Summer is a great time for salads. It's the time for finding fresh ingredients from farmer's markets, local vendors, roadside stands, and the grocery store. It is the season for tomatoes, squash, zucchini, and corn. Many fresh fruits also come in season like watermelon, plums, peaches, raspberries, and apricots.

A great salad starts with a lettuce base.



Begin

with whole head lettuce and remove the outer leaves. Wash and dry the leaves and keep them in a sealed bag or container with a paper towel to absorb the moisture. Bagged and boxed greens are all right but are handled more and are susceptible to bacteria.

Other colorful, leafy greens to mix into the salad for flavor and visual appeal are peppery arugula, baby spinach, kale, endive, crisp romaine, and sweet buttery lettuce. When ready to put the greens together, tear the leaves instead of cutting to prevent browning.

Add lots of cooked or fresh vegetables for crunch and color. Cucumbers, radishes, jicama, cabbage, bell peppers, and tomatoes add a variety of textures. Fresh herbs like cilantro, parsley, basil, mint, and oregano can add a lot of flavor. Avocado is a yummy, traditional salad ingredient. Olives and capers are a salty option.

Fruits are a great addition to summer salads. Watermelon, strawberries, raspberries, and peaches add some sweetness to the salad. Apples and pears can

also add crunch. Dried fruit is another option.

Texture makes a salad more interesting. Nuts like walnuts, slivered almonds and pecans; seeds like pumpkin or sunflower; chickpeas and croutons add crunch and protein. Toasting seeds intensifies their flavor. Bacon can be a salty addition.

Cheese can give a salad a creamy element and be a flavor booster.

Crumbly cheeses like bleu, feta and

Gorgonzola are great additions to a salad. Parmesan and shredded cheddar are delicious add-ins, as well.

Make your salad a meal by adding protein and fiber. Protein will make you feel satisfied and fuller longer after the meal. There are many options for protein, like meat protein and plant-based protein. Try grilled shrimp, chicken, shredded pork, fish or eggs. Plant-based proteins to add are tofu, edamame, chickpeas, many kinds of beans, and tempeh.

Vinaigrette dressings can make the salad shine and not overpower the taste. Try making your own dressing. A homemade dressing will not have the additives and sodium that bottled dressings have. Soy sauce adds a savory flavor to vinaigrette dressing.

Utilize all the wonderful summer fruits and vegetables for tasty summer salads. Enjoy being creative in making an interesting side salad or dinner salad for yourself or your family. Summer wouldn't be the same without a crisp veggie-filled salad with lots of creative options for crunch and taste. Enjoy!

State news

Convention report

by Cathy Webb

The theme of this year's WSSRA convention, held in Pasco, was "Together We Will Continue Making a Real Difference." The convention showcased the accomplishments of individual units, lauded our legislative successes, celebrated scholarship and award recipients, and provided motivating speakers to encourage all those in attendance.

The SKSR entourage traveled by car and plane to be a part of the festivities. Throughout the three-day convention Jennifer Altana, Karen and Dave McElliott, Virg Rayton, Rita Requa, Jim Siscel, and Cathy Webb received updates, cast votes, and gathered instructions and incentives to continue the work and mission of unit engagement in the welfare of retired educators, promoting interests in education, and participation in community affairs.

A highlight of the convention was a powerful and inspiring keynote presentation by Washington School for the Deaf Work Experience and English Language Arts Teacher Dana Miles. Named 2023 Washington State Teacher of the Year, Dana signed and, with the support of an interpreter, shared her valuable experiences and insight to let us know our educational system has made progress but still has a long way to go to embrace and support our deaf community. Dana urged all of us to work on the As: Affirm, Ask, and Advocate!

The workshop-style presentation focused on Membership and Engagement and delivered by Amina Makhdoom Lynch, Fres-

nel Consulting, was timely and relevant. Her direct questions and hands-on steps and tools encompassed a Marketing 101 course: "Who is our target member?" "Volunteer?" "Leader?" These questions paired with "What do our desired members need?" emphasized the importance of positive customer experiences and an accurate understanding of unit capacity and makeup. SKSR members will hear much more about this topic and action plans as we look forward to 2024. Amina's parting words, "Talk to people" and "Don't assume you know," were taken to heart by your leadership!



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WSSRA leadership and legislative champions provided highlights and hailed this year's accomplishments with passed legislation as a rousing success. A total of six bills were passed and all three retirement plan participants will experience the benefits. Washington State Treasurer Mike Pellicciotti educated the audience on the work and actions of his staff that provided the fiscal foundation for ultimate passage of the Plan 1 COLA and the plan to

pay off the unfunded liability. Be sure to read the next issue of the *WSSRA Journal* for all the details.

The WSSRA Rules and Resolutions Committee was successful with securing passage of all three proposed bylaws amendments. Our own Rita Requa participated in this difficult work. I was introduced to the "red card/green card" system of voting. You simply must be there to appreciate the process!

Our three convention days were full and time passed quickly. As the convention closed, each SKSR representative met with unit officers in like roles to gather updates, materials, share next steps, and spark the process of rejuvenation and change that will move SKSR and WSSRA towards strength and success in 2024.

There's so much not covered in this report. For additional particulars, take time to talk with one of the attendees at our July picnic. Thank you for the opportunity to represent our unit at this valuable and vital event!

Happy Fourth of July!



Help us with the *Bulletin*

The deadline for the next *Bulletin* is **August 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.

We have resumed our regular schedule of preparing the *Bulletin* for mailing.

To help with preparing the next *Bulletin* for mailing on **August 28, 2023**,
call Robin Randles, 206-542-6428.