Sno-King
School Retirees

The SKSR Bulletin

September-October 2024

Of major importance to SKSR membership

by Jim Siscel

HELP!
HELP!

The SKSR Board recognizes Erma Snook for her eleven years of being our unit Membership Records manager. As a small token of our appreciation, she will be receiving a Applebee's gift card. In addition to keeping our records current, she has been the person who sends emails regarding unit activities and information from WSSRA about legislative actions affecting our pensions. She deals with the USPS to distribute our hard-copy *Bulletin* to those without access to computers.

Three months ago, she said she wanted to retire from these positions, effective the end of August. A year ago, the board told you that we needed a treasurer or we couldn't go forward. Jennifer Altena took on the role. Now we are telling YOU that we need a Membership Records manager or we can't continue to be the strong unit that serves all of you.

Erma has put together a very comprehensive notebook delineating the responsibilities that she has performed. She believes that this position can be fulfilled by two or three individuals working together. She is willing to help those who step forward to fulfill these roles.

This *Bulletin* may be the LAST one you receive via email or the USPS. It will be posted on our SKSR.org website, but you will not receive an email reminder that it is there. If you are a person who receives the USPS edition, you will not have the ability to know about the activities we have planned for you.

If you are interested, please contact Jim Siscel (jsiscel@comcast.net, 425-778-7202) or Cathy Webb (clmwebb@gmail.com, 425-877-5753) or Erma Snook (egsnook@comcast.net) for more information. Act Now!

OFFICERS

vacant, President
Cathy Webb, Vice President
Jan Phillips, Secretary
Jennifer Altena, Treasurer

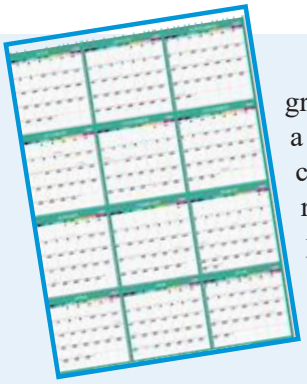
COMMITTEE CHAIRS

Linda Fitzgerald/Keith Lindaas, Scholarships
Robin Randles, Health
Lynda Hughes, Community Service
Barb Bumgardner, Sunshine
Karen McElliott, Active-Member Grants
vacant, Legislative
Jim Siscel, Membership/Retirement/Website
vacant, Membership Records
Jo Caldwell, *Bulletin* Editor

Our next events

Mark your calendar

by Cathy Webb, vice president



A small, dedicated group of leaders tackled a large agenda of difficult items at the August retreat. The challenge of planning and presenting relevant, informative programs and activities with so few willing to do the work is real. Yet, we press on!

Our first event for the 2024-25 year will be our November luncheon. Taking place at the Shoreline Center, the catered luncheon is scheduled for a DIFFERENT THURSDAY! Mark your calendars for 11:30, November 14.

A huge thank you to Lynda Hughes who will coordinate our history focused program. Stay tuned for details and an opportunity to RSVP!

November 14, 2nd Thursday	Luncheon with Speaker	Shoreline Center, 11:30–2:30
February 20, 3rd Thursday	Humanities Washington	Edmonds ESC, 1:00–3:30
March Field Trip	Location and Time To Be Determined	
April 10, 2nd Thursday	Luncheon with Speaker	Shoreline Center, 11:30–2:30
May 15, 3rd Thursday	Gathering with Speaker	Edmonds ESC, 1:00–3:30
July 17, 3rd Thursday	Picnic	Edmonds City Park, 11:30–3:00

Our last event

Annual Picnic

by Jan Phillips

Peter Diedrick installs new officers: Jan Phillips, secretary; Cathy Webb, vice president; Jennifer Altena, treasurer. Peter is the new WSSRA Executive Director.

Meghan Galvan, Leann Onishi, Jennifer Phipps and (in front) Laura Baker shared information about the grants they received.

Rita Requa receives a certificate of Honorary WSSRA Membership from Jim Siscel in recognition of her service. Rita served as president of SKSR and WSSRA.

Karen McElliott tells attendees about the grants SKSR gave to active educators. The new grant program increases the amount of each grant; the deadline to apply is November 7.

Legislatve update

WSSR-PAC endorsements

by Jim Siscel, SKSR member

The WSSR-PAC is a legally separate organization from the Washington State School Retirees Association (WSSRA), but works closely with the WSSRA Legislative Committee, WSSRA Legislative Director and WSSRA contracted lobbyists. The main difference is that the WSSR-PAC contributes to candidates' campaigns when they run for election, while the WSSRA Legislative Committee visits the state legislators when they are in session and discusses House and Senate Bills that impact school retirees. Both organizations work for all Washington state school retirees' benefits, now and in the future, but in different ways. Across the state, the PAC supports both Democrats and Republicans who support our retirement needs.

Following are the candidates that the PAC is endorsing and contributed to their election fund for the November 2024 election:

Dist 1 Shelly Kloba-HP2 Democrat
Dist 21 Lillian Ortiz-Self-HP2 Democrat
Dist 38 June Robinson-Senate Democrat
Dist 38 Julio Cortes-HP1 Democrat
Dist 44 John Lovick-Senate Democrat
Dist 44 Brandy Donaghy-HP1 Democrat
Dist 44 April Berg-HP2 Democrat
Dist 48 Amy Walen-HP2 Democrat

Consider donating the PAC by going to the website at: https://www.wssr-pac.org and clicking on *Contribute Now*. You can donate by credit card or check.

The NW-1 Coordinating Council Legislative Committee endorses the following candidates without a monetary contribution:

Dist 1 Dereck Stanford-Senate Democrat
Dist 1 Davina Duerr-HP1 Democrat
Dist 1 Shelley Kloba-HP 2 Democrat
Dist 21 Strom Peterson-HP 1 Democrat
Dist 31 Lauren Davis-HP 2 Democrat
Dist 32 Cindy Ryu-HP 1 Democrat
Dist 38 Julio Cortes-HP 1 Democrat
Dist 38 Mary Fosse-HP 2 Democrat
Dist 44 Brandy Donaghy-HP 1 Democrat
Dist 44 April Berg-HP 2 Democrat

Be sure to vote and mail in your ballot or deposit your ballot in an official drop box by 8:00 pm on November 5th. To find a drop box in Snohomish County, use the following link: https://snohomishcountywa.gov/5726/Find-a-Ballot-Drop-Box. To find a drop box in King County, use the following link: https://kingcounty.gov/en/dept/elections/how-to-vote/ballots/return-my-ballot/ballot-drop-boxes.

Active member grant announcement

Active member grant amounts increased to $400

by Karen McElliott, Grants chair

It's that time of year again. Leaves are starting to turn. Families are doing their back-to-school shopping. And the SKSR Grants Committee is now accepting student-centered grant proposals of up to $400! Its budget can fund a minimum of 36 requests.

Grant eligibility is not limited to those who are certificated but encompasses **all active SKSR members** in good standing who work with students in some capacity.

Please check the SKSR website (sksr.org) for relevant information as well as 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 application deadline is midnight, Thursday, **November 7**. If you have any remaining questions, including whether you are currently eligible to apply for a grant, contact Karen McElliott (ksmcelliott@gmail.com).

Note: If you are an Edmonds School District applicant, you are not required to complete the ESD Grant and Donation Request for Approval form.

Scholarship news

Four future educators receive additional Winnie Smith scholarships

by Keith Lindaas, Scholarship co-chair

The following students will be receiving $2,500 Scholarships for the school year 2024-2025:

Marin Cady (Shorewood HS) will be sophomore at Lewis and Clark College, majoring in history and/or English. She is simultaneously participating in a Teacher Pathways program. It prepares undergraduates to attend Lewis and Clark College's School of Education and receive their MAT, while building relationships with the education faculty and future/current education students. Last year, Marin volunteered weekly at a nearby elementary's after-school program, working with K-6 students. Her goal remains to teach middle school history. She is also considering a double major in English and pursuing accreditation in both subjects to allow for increased flexibility and because she finds both subjects extremely interesting and important in shaping how young people view and interact with the world.

Sophia Calandrillo (Shorewood HS) is a second-year student at the University of California, Berkeley. She plans to continue her studies as a psychology major pursuing an education minor, aspiring to become either a professor of Developmental Psychology or a high school teacher/principal. Last semester, Sophia took three education courses, reading about the history of U.S. educational institutions and comparing the U.S. school system to other countries in search of bettering educational systems within America. Specifically, her studies focused on eliminating racism and discrimination in universities as well as in K-12 schools. Next year Sophia hopes to work at a high school as an academic adviser to help underprivileged students have access to the advice they need to pursue higher education.

Becca Hershey (Edmonds-Woodway HS) is at Gonzaga University. She writes, "Last year I have gone through many challenges and triumphs, embraced new perspectives, and created new relationships, while strengthening old bonds. I have been involved in multiple broad fields of study: education, sports management, philosophy, math, human ecology and leadership studies. All of these courses have constantly challenged my future plans." Becca is continuing to take the foundations of education course work and would like to become an athletic director or athletic administrator and work directly with student-athletes.

Sara Lawson (Inglemoor HS) is a second year student at Boise State University. She had the opportunity to dive into her major of Dual Special Education/Elementary Education and has completed four classes specific to that major. Sara says, "My passion for the field of education continues to shine through, as these have been some of my favorite classes so far. In addition to my academic pursuits, I've had the pleasure of serving as a campus tour guide. This role has allowed me to share my enthusiasm for education with prospective students and their families. Connecting with others and showcasing the campus has reinforced my belief in the power of education." She expresses her heartfelt gratitude for this scholarship from SKSR.

Member Information Updates

Deceased

Rudolph Cornelson, July 2024.
Retired from Edmonds. Member since 1992.
Bernadine Lehan, July 2024.
Member since 2014.

New Members

Bakken, Jeanette W
Barnett, Mary Ann
Berry, Susan
Curtis, Nadean
Daley, Margaret E *
Duvall, Doreen *
Ellefson, Debbie
Laird, Erin E *
Pool, Emily G *

*= active

Health news

Popcorn–a healthy snack? It all depends.

compiled by Robin Randles, Health chair

Popcorn is an all-time favorite American snack. Americans consume about 14 billion quarts per year–about 14 quarts per person.

Popcorn is a special type of corn. There are six types of corn–sweet, field, pod, flour, flint and popcorn. Only popcorn pops when exposed to heat. At the center of each kernel is a small amount of water, which expands when heated and eventually causes the kernel to explode.

Popcorn is a healthy and nutritious whole-grain food that contains important nutrients like iron, magnesium, zinc, and potassium, and it is packed with dietary fiber. Popcorn has polyphenols, which are antioxidants that protect our cells from damage. Three cups of popcorn equals one serving of whole grains. Studies link whole-grain consumption to health benefits like reduced inflammation and a decreased risk of heart disease.

A health benefit of popcorn is that it makes you feel full. Because of popcorn's high fiber content and its low calorie count, popcorn is considered to be a food that can help with weight loss. Popcorn packs more fiber per serving than most whole-wheat bread. Popcorn has been shown to make people feel fuller than a similar calorie amount of potato chips.

When prepared well, popcorn actually is a good snack. It's inexpensive and tasty. For people who might be struggling to eat adequate fruits or vegetables or other whole grains, it's a low-risk snack.

Beware: Not all popcorn is created equal!

Make your popcorn at home in an air popper. When it's air-popped and lightly seasoned, popcorn is a healthy snack. Air-popping gives you control over the seasonings you add afterward. You control how much salt, butter, or oil. Top popcorn with a drizzle of olive oil or truffle oil and toss with your favorite seasonings, herbs, and spices. You can also make your popcorn sweet by adding honey or maple syrup, cinnamon, cocoa powder or dark chocolate shavings.

Popcorn, with its ample dietary fiber and typically low calorie count, makes it easy to understand why many people think a giant bucket at the movie theater qualifies as a healthy snack.

Popcorn at the movies is very different than popcorn made at home. A tub of movie theater popcorn can contain up to 1,090 calories and 2,650 milligrams of sodium!

Pre-packaged microwave popcorn may be harmful, even though it is the most convenient. The packaging is lined with chemicals and uses artificial butter flavoring. Some brands use partially hydrogenated oils or trans fats. It is almost as easy to make your own air-popped popcorn and avoid the extra chemicals.

Keeping it fresh

Stored properly, unpopped popcorn kernels can last for a long time. Keep kernels in a dry, well-sealed container. Moisture and air will make the kernels go stale. Freezing or keeping the kernels in the refrigerator will also diminish popping ability.

Enjoy your healthy air-popped popcorn snack.

WSSRA staff changes

Emmett Mills (left) is the new Legislative Director.
Peter Diedrick has moved from being Legislative Director to Executive Director.

Help us with the *Bulletin*

The deadline for the next *Bulletin* is **October 13**.
Please send changes in your mailing address, telephone number, or e-mail address to Jim Siscel, jsiscel@comcast.net, or call 425-778-7202.

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.
If you would like to help on **October 28,**
call Robin Randles, 206-542-6428.