

NEWSLETTER



Washington State School Retirees' Association

In this newsletter you get a legislative report, a health article about food and mood, news about upcoming events and a report on the Scholarship Information Session.

Program and Luncheon on November 19

WHERE: Our Saviors Lutheran Church, 215 Mukilteo Blvd

Food created by: Ashley

COST: \$8 per person. **Pay at the door.** Please let Marianne Harvey know you are coming by November 16 (425-348-4993 or jimmarh7@mac.com). **Our catering arrangement is different this year.** Ashley asks for a count of lunches three days in advance of the event. Once we turn in this number, we are obligated to pay for them. So if 30 people reserve a lunch, but only 25 people come, we will have to pay for the people who don't come.

Our speaker is from Cocoon House

Did you know that November is Homeless Youth Awareness Month? At our November 19 lunch event we will hear about how Everett's own Cocoon House works to break the cycle of homelessness through outreach, housing and prevention. Their mission supports the belief that every young person deserves a home and the opportunity to achieve their fullest potential. We will learn about how their new facility helps in that goal.

Visit <http://www.cocoonhouse.org> for more information.

President's Message:

It seems that every year the holiday season starts earlier. This year, having Christmas decorations displayed with Halloween items seems to prove my point. I think statistically my feelings are correct, but I know I risk coming across as the Grinch if I harp too much on the subject. I do love the season, but I sometimes ponder how early it should really start!

To us, at Sno-Isle 22, it means our annual holiday luncheon at Le Bistro. This year it will be held on Tuesday, December 10 at 11:30. Once again we will be treated to a performance of Kamiak High School's Barber Shop Quartet. (Always enjoyable.) Their performance will be at 11:45 to fit their schedule. Be sure to get your reservations in early as this event always sells out.

We will collect toys and cash for Everett's Christmas House at this event. Every year our organization gives in a way that makes a difference. The number of toys we collect always amazes me.

If you are attending, please consider bringing an unwrapped present to be distributed during shopping time at Christmas House. Gregg Milne, president of Christmas House, will be in attendance and will say a few words of how our generosity makes such a big difference.

If you want to donate but are unable to attend you can send a check made out to 'Christmas House' to our treasurer Joan Penewell at 10715 Birch Dr. NW, Tulalip, WA 98271 or contact me at kenwes55@comcast.net and I can arrange a pickup.

Hope to see you on December 10th!

Do we have your email? We have nearly 1000 local members but only 450 emails. If we have your email we can alert you to legislative issues and send reminders about events. **We do not share your email address.** Contact Michele Hunter with your name and email. michele@wssra.org

LEGISLATIVE REPORT

Submitted by Tim Knopf

Social Media Ad Proposal to Be Considered by WEA Board November 5th

The WSSRA Executive Board will consider a proposal at their November 5, 2019 meeting to purchase online social media advertisements to explain to the public the serious financial issues facing Washington State School Retirees with a particular focus on Plan 1 members. The proposal was first discussed at the Legislative break-out session during the WSSRA Convention in June. It was discussed again at a September 5th joint meeting of the WSSRA Legislative Committee and WSSR-PAC Board in Cle Elum, Washington. We finalized and agreed to submit the proposal for consideration during an October 3rd Legislative Committee/PAC Board state-wide conference call. The proposal was considered by Coordinating Councils around the state at their October Coordinating meetings. NW-1 Coordinating Council voted to support the plan and submit it to the WSSRA Board.

The plan involves purchasing social media ads to appear on all Facebook pages within the geographic area around the Washington State Capitol Campus. That would include the Facebook pages of all legislators' offices. Whenever anyone opened the legislators' pages, they would see our ads describing the dilemma faced by Plan 1 retirees who lack an ongoing Cost of Living Adjustment (COLA). If necessary, for greater emphasis, we could easily target individual legislators' home districts. In that case, all Facebook pages within his or her district would show our ads. The beauty of this project is that this can all be done at a reasonable price, with a very extensive program costing less than \$10,000.

Something quite similar is already being done by the Retired Educators of Minnesota, and they report great success with it.

This new approach comes out of our long-standing frustration at failing to achieve a permanent COLA solution for Plan 1 members in the years since 2011. Of the more than a dozen retirement programs sponsored by the state, only two lack an ongoing COLA. These are PERS 1 and TRS 1, the oldest of the three educator-specific plans and the two plans that contain not only our oldest members but also the largest concentration of female members. Since our past efforts using more traditional methods have not shown success, we hope to add this newest tool to our toolbox.

WSSRA Delegation Attends NRTA Conference and Lobbies Federal Legislators

Between October 20th and 24th WSSRA Legislative Committee Member Tim Knopf and WSSRA Legislative Director Peter Diedrick attended the National Retired Teachers' Association (NRTA) National Advocacy Conference in the Washington, D.C.

The NRTA is the national parent organization of the Washington State School Retirees' Association and a division of the even more powerful AARP. Ethel Percy Andrus founded the NRTA in 1947 because she realized that retired educators were living on very small pensions, often without any health insurance, and needed serious help. Eleven years later, in 1958, she also founded the American Association of Retired Persons (now AARP). Ms. Andrus (1884-1967) was a long-time California educator and the first woman high school principal in the state of California. She was inducted into the National Women's Hall of Fame in 1993, and at the University of Southern California, Leonard Davis School of Gerontology, the Ethel Percy Andrus Gerontology Center is named after her.

The conference opened with registration and a reception Monday evening, and Tuesday brought a full day of presentations by national experts, but on Wednesday we were able to get onto the capitol campus to lobby for the retention of defined benefit retirement plans (pensions not 401K's) and for bills such as Senate Bill 2543 and House Bill 3 that would lower retirees' medical costs by capping Medicare Part D out-of-pocket expenses and allow Medicare to finally negotiate lower prescription drug prices.

During our day "on the hill" we met with Alex Payne, the Legislative Director of Representative Kim Schrier (D), from Washington's 8th Congressional District and Anna Conroe, Legislative Correspondent for U.S. Senator Maria Cantwell.

We wrapped up our visits with a face-to-face meeting with Washington's 2nd Congressional District Representative, Rick Larsen, and his Legislative Assistant, Samuel Wilcoxson. At each office our appeals were received well, and we were told that they hoped that something similar to what we were asking would make it into some of kind of package by the end of the current session.

That Wednesday we walked over seven miles in dress shoes and passed through seven security check points, removing our belts and pocket items each time before passing through metal detectors. Thankfully, our travel, hotel and meal expenses were covered by the AARP!

Sno-Isle Annual Christmas Lunch

When: Tuesday, December 10, 2019 at 11:30am

Where: LeBistro Restaurant Sno-Isle Tech Center
9001 Airport Road, Everett

Entertainment provided by Kamiak H.S. Barbershop Quartet

Entrée choices: glazed salmon or grilled chicken breast



We will collect new toys (unwrapped please), cash and/or check donations at this event to give to Christmas House of Snohomish County.

Reservation forms must be returned by December 4 to:

Joan Penewell, 10715 Birch Drive NW, Marysville WA 98271

Name _____

Guest(s) _____

Total Meals _____ x \$18.00 = _____

Number of meals with Chicken _____ Number of meals with Salmon _____

Donation: I would like to make a donation of \$_____ to Christmas House. Please enclose a separate check made out to the Christmas House.

Make lunch checks payable to **Sno-Isle SRA # 22** for total lunch amount and enclose with this reservation form.

HEALTH NEWS

Food Can Boost Your Mood

Researchers have demonstrated that a healthy diet can help cut the risks of illness from diabetes to cancer. Current research shows what you eat does impact your mood. A study of 46,000 people over eleven years published in the “European Journal of Nutrition” notes that individuals are less likely to have symptoms of depression reoccur and were much less likely to get depression in the first place.

There is an observable brain-gut connection. Micro biomes are a mix of good and bad bacteria in your GI tract. We know that good bacteria in your gut produces a great deal of neurotransmitters implicated in mood (like GABA). The mood related to the hormone serotonin is thought of as a brain chemical, but more than 90% of it is produced in the GI tract.

Ultra-Processed Issues Studies have shown that diets high in “ultra-processed” foods like soda pop, instant soups and chicken nuggets in a study of 15,000 people who ate them the most, had a 33% higher rate of depression than those who ate a lesser amount. These foods tend to be lower in essential nutrients like omega3 fatty acids and B vitamins. “Highly processed foods” contain little fiber and it’s fiber that keeps your microbiomes and mood in better balance. Also, highly processed foods are loaded with sugar and additives that feed the “bad bacteria” in your gut. Those people eating the most sugary soda drinks have a 25-35% better chance of being depressed on average.

Liz Meisner

Scholarship Information Session

The first SnoIsle Unit #22 scholarship information session held at Marysville Library can be deemed a success. Though the turnout was small, 7 students and about a dozen adults, the students' evaluations were positive and indicated it was a worthwhile event. They felt the handouts were useful and especially appreciated the list of scholarship websites. They did suggest having a sample application in the packet and the presenters walking the audience through filling it out. They all agreed that the event covered what they wanted to know and some felt the most useful information given was about how to get good letters of recommendation. The students, who were asked to sign-in, came from Marysville, Lakewood, Stanwood and Arlington.

Thank you to the SnoIsle members who gave up a Saturday to support this event. They helped with set-up, sign-in of students, supervising snacks, handing out packets, presenting information and cleaning up after the event. The Marysville Library staff has asked if they could be included if SnoIsle hosts another similar event.

Linda Averill

ONGOING SNO-ISLE VOLUNTEER/GIVING OPPORTUNITIES...

CHRISTMAS HOUSE: They were able to provide a book for every child this year. When you do your fall cleaning, if you find any children's books (suitable for kids ages birth through 18) and the books are "like new" or gently used, Christmas House would be delighted to receive them. Perhaps your neighbors, relatives or friends have some they would like to donate. Bring any you collect to a Sno-Isle event and we will get them to Christmas House.

IMAGINE CHILDREN'S MUSEUM: At every Sno-Isle event you can bring recyclable items! We collect and deliver to ICM. Suggestions for items to collect include the following: empty plastic food containers (e.g. yogurt containers) and meat trays—please clean first!; toilet paper and paper towel rolls, beads, feathers, ribbon, cereal / cracker boxes, tag board, CD cases, thread spools, stickers, wire, paint stir sticks, panty hose, artificial flowers, junk food boxes, cookie /cupcake boxes. If in doubt —just bring it!

TOUCAN TUESDAY: If you bring two cans of food to any Sno-Isle event we will be sure to get it to the local foodbank. It is always greatly appreciated!





NEED ADDITIONAL FUNDS FOR YOUR SCHOOL?

SNO-ISLE CAN HELP!

IT'S EASY ~ APPLY TODAY

**SNO-ISLE is unit 22 of the Washington State School Retirees' Association.
It serves Snohomish and Island Counties.**

ALL school employees are eligible to participate.

Learning support funds are available in TWO categories.

30 MEMBERS will receive LSF of \$400

10 NON MEMBERS will receive a one time LSF of \$100

The goals for this program are to:

Provide additional benefits to students.

Encourage new membership in the organization (It is easy to join and only costs \$7 per month with automatic payroll deduction in most districts.)

You must be a member to receive a \$400 stipend. BUT, if you are not currently a member, you can join when you apply for the stipend. Cost is \$7 per month, which is taken directly from your payroll. Or visit our website to join online — <https://wssra.org/join-wssra/>

Mail: Joan Penewell 10715 Birch Dr. NW Tulalip WA 98271

Or you mail E-mail the information: two.primes@frontier.com

LEARNING SUPPORT APPLICATION
DEADLINE DECEMBER 15, 2019

Name _____

School _____ Principal _____

School Phone _____ District _____

Home phone _____

Home E-mail _____ Address _____

PLEASE BE SPECIFIC with your request. Funds may be used for classroom supplies, special events, field trips, all school projects, etc. Please include what you plan to purchase for your classroom or school and how the needed items will be used and the expected desired outcome. You can attach a sheet or use the back.

KEEP IN TOUCH

<https://sno-islesra.info>

Like us on
FACEBOOK
Sno-Isle SRA



Christmas House is a 100% volunteer, non-profit organization in Everett, Washington that provides an opportunity for qualifying, low-income, Snohomish County parents to select free holiday gifts for their children age infant-18.

Christmas House was founded in 1981 by Roy Fraser in his garage. Roy had heard of children in Snohomish County who had not received anything for the prior Christmas and was determined to change that. He established the first annual Christmas House and stocked it primarily with used toys and handmade items, which they refurbished and gave away to families in need. They served more than 100 children the first year. Unfortunately, Roy did not live to see the second Christmas House, but his memory lives on as the 39th year of giving continues.

The general format of how Christmas House functions has not changed over the years, just the number of families and individual children who benefit from his dream over three decades ago.

Sno-Isle 22 is a big contributor to this organization. Our donations are put to good use. Please consider bringing an unwrapped item to our holiday luncheon. If you would like more information or to find out how to volunteer visit <http://www.christmas-house.org>



REMEMBERING...

We remember with gratitude and fondness the following recently deceased members: Barbara Braaten, Dennis Gibson, Lee Lowe and Linda Vail.

The gifts these individuals have given to education will be remembered and appreciated eternally by many colleagues and students they served.

Our own Tim Knopf goes to Washington!

Tim spent time with Rep. Rick Larsen. Peter Diedrick was also at the National Retired Teacher's Association National Advocacy Conference. It wouldn't be a trip to Washington without a picture of the Capitol Building!



New Members:

Nancy Depner, Elizabeth Howard and Jane Johnson

We look forward to seeing you at Sno-Isle events and hope you will become involved in some of the endeavors we pursue in the community and in support of educators and students!

Attend your first lunch free of charge! Let Marianne Harvey know you are coming by Nov. 16. (425-348-4993 or jimmarh7@mac.com)

**SNO-ISLE
WSSRA UNIT #22**

10715 Birch Drive NW
Marysville WA 98271



**PRE SORTED
STANDARD
US POSTAGE
PAID
EVERETT, WA
PERMIT NO. 93**

2019-2020 SNO-ISLE BOARD

PRESIDENT

Ken Harvey

VICE PRESIDENT

Marianne Harvey

TREASURER

Joan Penewell

SECRETARY

Cheryl Hogle

COMMITTEE CHAIRS

Membership— Marianne Harvey and Margie Tish

Scholarships & Learning Support Fund—

Karen Carpenter and Joan Penewell

Legislative—Tim Knopf

Facebook/Website—Ken Harvey

Newsletter—David Davis

Retirement Planning—Marianne Harvey

Health—Liz Meisner

Friendship—Brenda Leider, Sue Rookaird, Anne Spence

2019-2020 SNO-ISLE REPRESENTATIVES TO STATE WSSRA

Linda Averill, Past President

Marianne Harvey, Foundation Trustee and Nominating Committee

Tim Knopf, Legislative Committee

Kay Bishop, NW 1 Representative

Some of our Future Events:

November 19—10:30 Cocoon House—OSLC

December 10—11:30 Holiday Luncheon at Le Bistro

February 18—10:30 Scholarship Luncheon—OSLC

March 17—10:30 Health Topic TBA—OSLC

April 21—10:30 Container Gardening—OSLC

May 19—10:30 Joint meeting with Sno-King location TBA

June 8-10 WSSRA Convention Tri Cities