

# NEWSLETTER



Washington State School Retirees' Association

**In this newsletter you'll hear the latest Legislative Report, the schedule of our next lunch and receive an application for Learning Support Grants.**

## President's Message

Greetings Everyone,

It appears we might be heading in the direction of normal. Or at least more normal than the last two years. Even though we were unable to meet for a good portion of the pandemic, Sno-Isle 22 continued programs to help schools and the community. During the last two years we gave over \$30,000 to school employees who were members for projects in schools. We continued to support Everett's Christmas House. We even had a drive up and drop off toy drive the first year of the pandemic. We continued to award \$2500 scholarships to Snohomish County students planning a career in education. The board voted a few years ago to make the scholarships renewable as long as certain criteria were met. This year we are dedicating \$10,000 for new and renewing scholarships.

We hope that if you are a school employee you will apply for \$400 stipend. We hope if you are a retiree you will be able to make it to one of our lunch events such as our kickoff event on September 20.

Hope to see you soon!

Ken Harvey

## Kickoff Event

You don't need to travel to Victoria to enjoy a good tea! Join us on Tuesday, September 20 at 11 AM for a Victorian Tea Service put on by The Travelling Tea Bags. The service includes: scones, crumpets, Devonshire cream, preserves and lemon curd, assorted tea sandwiches, seasonal fresh fruit, tea cookies, desserts, as well as good conversation with friends. The cost is \$20 payable at the door. We have been told by members who attended before that it is well worth it. Invite a friend!

Tea will be served at:

Our Saviors Lutheran Church  
215 Mukilteo Blvd. Everett

### RSVP by Sept 10

Call Marianne Harvey 425-238-3124 or  
email Ken Harvey [kenwes55@comcast.net](mailto:kenwes55@comcast.net)



## 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  
Serving Snohomish and Island Counties  
*ALL school employees are eligible to participate.***

30 MEMBERS will receive \$400 for projects that benefit students.

**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. We can send you an application or visit the state website to join online - <https://wssra.org/join-wssra/>

By becoming a member you help support service projects like this. Our Snohomish County Unit (Sno-Isle 22) is 1000 members strong. The state organization has 18,000 members. A primary goal of WSSRA is to protect and work to enhance the retirement of public school employees.

Mail: Joan Penewell 10715 Birch Dr. NW Tulalip WA 98271  
or E-mail the information: joanpenewell@gmail.com

LEARNING SUPPORT APPLICATION  
DEADLINE December 16, 2022

Name \_\_\_\_\_ School \_\_\_\_\_  
Principal \_\_\_\_\_ School Phone \_\_\_\_\_ District \_\_\_\_\_  
Home phone \_\_\_\_\_  
Home E-mail \_\_\_\_\_ Address \_\_\_\_\_  
Are you a member? \_\_\_\_\_

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.

# WSSRA Sno-Isle August 2022

## Legislative Report

Reported by Tim Knopf

Dear Fellow WSSRA Members,

As you have seen from roadside signs, television ads and the people coming to your door, the struggle for elected office began well before our August 2<sup>nd</sup> primary election. Now the contenders for each office have been narrowed down to just two people as we head into the November 8<sup>th</sup> general election.

The Washington State School Retirees Association pays tremendous attention to our state's legislative races because the people who become legislators directly affect our futures as state school retirees. The recent 3% Cost of Living Adjustment that Plan 1 members began receiving in July was the result of legislative action last session, and all school retirees' health benefits are also subject to the action of the legislature.

To help you better decide who to vote for on November 8<sup>th</sup>, our local WSSRA Unit 22 has planned a "Brown Bag Meet and Greet the Legislators" event at 11:00 a.m. on October 18<sup>th</sup> at Our Savior's Lutheran Church (215 W. Mukilteo Boulevard, Everett). Bring your own lunch and we will provide coffee, tea and cookies.

We have invited the candidates for the races in the legislative districts where most of our Unit 22 members are living. These are **Legislative District 10** (Whidbey and Camano islands, parts of South Skagit and North Snohomish counties), **Legislative District 21** (Edmonds and Mukilteo, parts of Lynnwood and Mountlake Terrace), **Legislative District 38** (Everett, Tulalip and parts of Marysville), **Legislative District 39** (parts of east Snohomish and Skagit counties including Lake Stevens, Granite Falls and Snohomish) and **Legislative District 44** (parts of South Snohomish County including Mill Creek).

This event will give you the opportunity to meet the candidates in your district, ask questions and hear them share their views on issues important to the future of Washington State.

The Washington State School Retirees Association closely examines legislative candidates and endorses them based on their anticipated support or past proven support for WSSRA priorities and their likelihood to win their races. While we want you to make up your own mind on candidates based on the issues important to you, we also want you to know who the WSSRA has endorsed for the 2022 General Election.

The Washington State Schools Political Action Board met for five hours on August 8<sup>th</sup> to make endorsement recommendations and determine WSSR-PAC candidate donations. Then on August 15<sup>th</sup>, the WSSRA Legislative Committee met for two hours to examine and tweak those recommendations. Their results were sent to the WSSRA Executive Board Members who examined them and made the final endorsement decisions on August 17<sup>th</sup>.

The WSSRA Executive Board recommendations for our area's legislative districts are as follows:

### **Legislative District 10**

**House Position 1: Clyde Shavers, (Challenger) Democrat**

**House Position 2: Dave Paul, (Incumbent) Democrat**

### **Legislative District 21**

**Senate: Marko Lias, (Incumbent) Democrat**

**House Position 1: Strom Peterson, (Incumbent) Democrat**

**House Position 2: Lillian Ortiz-Self, (Incumbent) Democrat**

### **Legislative District 38:**

**Senate: June Robinson, (Incumbent) Democrat**

**House Position 1: Open Seat: Julio Cortes, Democrat**

**House Position 2: Open Seat: Mary Fosse, Democrat**

### **Legislative District 39:**

**House Position 1: Sam Low, (Challenger) Republican**

**House Position 2: Carolyn Eslick, (Incumbent) Republican**

### **Legislative District 44:**

**Senate: John Lovick, (Incumbent) Democrat**

**House Position 1: Brandy Donaghy**

**House Position 2: April Berg, (Incumbent) Democrat**

**Here's an interesting article for you on the benefits of eating apples:**

Five Major Health Benefits of Apples:

It's said that an apple a day keeps the doctor away, and here are some reasons why:

1. **Brain Health:** Apples have been found to protect neuron cells against oxidative stress-induced neurotoxicity and may play an important role in reducing the risk of neurodegenerative disorders such as Alzheimer's disease.
2. **Stroke:** Eating apples is linked to a decreased risk of stroke.
3. **Diabetes:** Three servings of apples (and other fruits such as blueberries and grapes) are linked to a 7 percent lower risk of type 2 diabetes. This may be due to their beneficial role in blood sugar regulation, as apples contain compounds that may:
  - Lessen absorption of glucose from your digestive tract
  - Stimulate beta cells in your pancreas to secrete insulin
  - Increase uptake of glucose from your blood by stimulating insulin receptors
4. **Cancer:** Apples have a number of properties that may help reduce the risk of cancer, including antimutagenic activity, antioxidant activity, anti-inflammatory mechanisms, antiproliferative and apoptosis-inducing activity, as well as 'novel mechanisms on epigenetic events and innate immunity'. According to the journal *Planta Medica*:  
Apple products have been shown to prevent skin, mammary and colon carcinogenesis in animal models. Epidemiological observations indicate that regular consumption of one or more apples a day may reduce the risk for lung and colon cancer.
5. **Heart Disease:** Eating apples is associated with a lower risk of death from heart disease, an association that may be related to their content of antioxidant flavonoid".

## SNO-ISLE BOARD ADOPTS BUDGET

A budget for 2022-23 was approved at the Sno-Isle board planning meeting in August.

**Planned Expenditures Total** **\$25,370**

Board Expense

Convention Delegates \$500

Donations \$200

Administrative \$ 95

Communication

Newsletter \$4,500

Web \$200

Membership \$ 50

Events and Programs

Programs \$250

Facility Use \$200

Learning Support Funds

25@ \$400 \$10,000

Scholarships

4@\$2500 \$10,000

**Planned Income Total** **\$26,000**

Dues collected \$24,000

Donations \$ 2,000

Cash on Hand as of Aug 1 2022 \$26,703.36

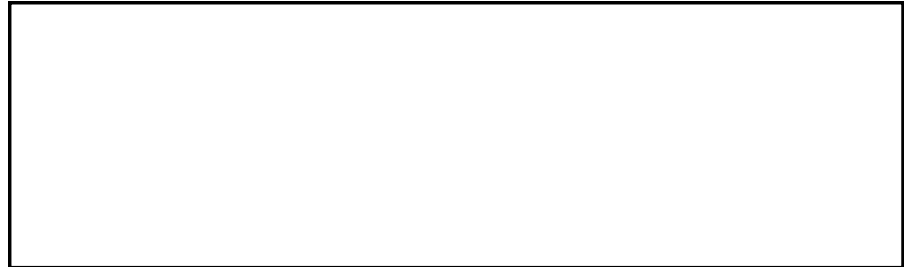
(includes Checking, Money Market and CD)



An April guided tour of the Evergreen Arboretum was good inspiration for members eager to get back into their own gardens.

**SNO-ISLE  
WSSRA UNIT #22**  
10715 Birch Drive NW  
Marysville WA 98271

**RETURN SERVICE  
REQUESTED**



**2022-2023 Sno-Isle Board**

**PRESIDENT**

Ken Harvey

**VICE PRESIDENT**

Marianne Harvey

**TREASURER**

Joan Penewell

**SECRETARY**

Open

**COMMITTEE CHAIRS**

**Membership**— Open

**Scholarships & Learning Support Fund**—

Scholarship position— **Open**

**Legislative**—Tim Knopf

**Facebook/Website**—Ken Harvey

**Newsletter**—David Davis

**Retirement Planning**—Marianne Harvey

**Health**—Liz Meisner

**Friendship**—Brenda Leider, Sue Rookaird, Anne Spence

**2022-2023 SNO-ISLE REPRESENTATIVES TO STATE WSSRA**

Linda Averill, Past President

Marianne Harvey, Foundation Trustee and Nominating Committee

Tim Knopf, Legislative Committee  
Kay Bishop, District 1 Representative