



# **UNIT 21**

## **Skagit-Island-San Juan**

### **School Retirees' Association**

**March, 2011**

### **President's Message**

Unit 21 Skagit/Island/San Juan has a membership of approximately 516 retirees and actives. Our goal is to help and protect the welfare of our members, retired and active.

1. We do this by keeping track of what is happening in our State Government.
2. We offer grants to active school employees to help them enrich their educational goals.
3. We keep actives and retirees aware of local issues and concerns.
4. We provide retirement seminars to offer support and provide information for those planning their retirement and future.
5. We lobby with our elected officials to protect and improve our retirement benefits.
6. We provide work with WSSRA to award scholarship to high school seniors.
7. We keep our members informed on medical and health issues.
8. We work with other organizations, such as the Food Bank, Oasis, and Friendship House to improve the lives of members in our community.
9. We organize meetings and luncheons to provide programs of interest to our members.

None of the above is done in a vacuum. It takes members who step forward and work with other members to fulfill all of our interests and activities. Every year we look for other Unit 21 members to step forward and say, "YES, I WILL HELP ANY WAY YOU NEED ME."

ANY ORGANIZATION IS ONLY AS STRONG AS THE MEMBERS OF THAT ORGANIZATION. HELP KEEP UNIT 21 STRONG AND ACTIVE. *Barbara*

Please notify Barbara Landrock - 360-856-2190, [bland3@hotmail.com](mailto:bland3@hotmail.com) - to step forward and give her your name.

Treasurer's Report		Food Bank Collection
<b>March, 2011</b>		The March collection will go to the
Alger Food		Bank. Please bring cash or non-
Checking	\$4,766.10	perishable
Savings	\$4,939.78	donations with you to the luncheon.
travel-size		Reminder: We also accept unused,
<b>generous.</b>		Toiletries. <b>Thank you for being</b>



#### WELCOME NEW MEMBERS

Charles Abernathy  
 Jamie Burke  
 Fund.  
 Jim Clem  
 John and Maria Day  
 12/31/2010  
 Charles Martin  
 2/12/2011  
 Sharon McCormick  
 11/25/2010  
 Larry Wilhelm  
 2/9/2011

#### WE REMEMBER

each deceased member with a  
 donation to our Scholarship

Dorothy Austin  
 Corey Corkill,  
 Norm Dahl  
 Clifford "Kick" Hamilton Weigel

#### RETIREMENT SEMINAR

Unit 21 Skagit, Island, San Juan School Retirees Association is conducting a Retirement Seminar for school employees.

Information for TRS, PERS, SERS—Plans 1, 2, 3 will be covered. Also included in the discussion will be Investment and Financial Planning, Legal needs, Care, VEBA, School Employees Credit Union, PEMCO and the Washington State School Retirees

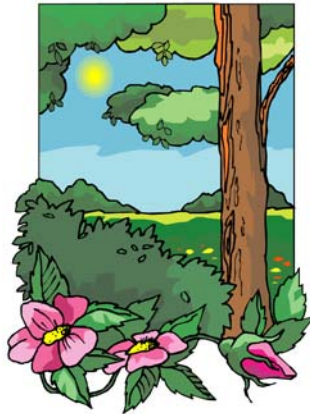
Association.

The Seminar will be held at the Burlington Senior Center, 1011 Greenleaf Avenue, Burlington on March 12, 2011. It will run from 8:45 a.m. to 3:30 p.m. Lunch will be provided. A \$5 donation to cover materials and supplies is requested. Please share this information with other school employees. *Leon and Bonnie*

**Contact: Barbara Landrock, 360-856-2190, if more information is needed.**

## MEMBERSHIP

Our membership as of January 1 is 518. This growth is the result of the DRS mailing WSSRA information to new retirees. Please help welcome these new members! If you know one or more, give them a call. Invite new members to the luncheon on March 21 at Denny's. Thank you for helping. *Harriet*



### MEADOW VIEWS by Kathy Reim

I recently heard someone say that most of us may see our glass as half-full or half-empty, but someone else owns the glass. I laughed and flinched at the same time. We may all be doing a lot of that these days. Holding on to a sense of humor is part of what sustains us in our personal lives and did so or does so in our professional lives.

I have a young friend who fancies himself a curmudgeon. I caution him it is an attitude that can get tiresome- especially in one who is starting so early. Cynicism can be an easy way to tune out and give up. Those of you reading this are part of the Great

Generation or we came right after to benefit from their hard work and dedication. They are not called the Great Cynicism even though they saw some of the most horrific times in modern history.

We are in difficult times right now. No doubt about it. We also have an opportunity to leave a legacy of problem-solving and hope. Dismantling and crippling pensions is not about our being selfish. It is about continuing the vision of those who dreamed of people living in dignity after years of service to their society. Some of you know I was drawn to pension issues because of my mother-in-law - the widow of a public school employee. She is 95 years old today. She says that charity is a well-meaning, important effort in the world- but creating ways for older people to live in dignity and not on charity was part of the vision in her generation.

I think we have to be the protectors of that vision. It is easy to dismantle. It is hard to build. We are not curmudgeons. People do not come to groups who are negative and fearful. We can keep a sense of humor even if it is a little edgy.

We must be the reality checks, the collectors of the stories and the protectors of hope.

*Kathy*

### **ATTENTION—ACTIVE MEMBERS**

Unit #21 has grants available **now** for employees of the following school districts:

Anacortes	La Conner	Lopez Island	Oak Harbor
Orcas Island	San Juan Island	Shaw	
Island	Stanwood/Camano		

The applications are available on our web site—[www.sisra21.org](http://www.sisra21.org).

### **HEALTH SCREENING TESTS**

Local Hospitals give free or low cost health screening tests to members of the community. Bone density, cholesterol, glucose, blood pressure and skin cancer screenings are some of the tests available. You may check on the dates and times of these tests by calling or checking the web sites of the hospitals.

Skagit Valley Hospital, Mount Vernon, [Skagitvalleyhospital.org](http://Skagitvalleyhospital.org), 360-814-2424

Island Hospital, Anacortes [islandhospital.org](http://islandhospital.org), 360-299-1309

United General Hospital, Sedro-Woolley [Unitedgeneral.org](http://Unitedgeneral.org), 360-856-7245

## **SALT**

Too much salt can put you at risk for heart attack, stroke, heart and kidney failure, and stomach cancer. The shaker on your table isn't the main culprit of many health problems caused by salt intake. Yes, 75% of our salt intake comes from restaurant meals and processed foods.

We do need salt to maintain the balance of fluids in our bodies. The amount we need is 500 milligrams per day. Most Americans are eating about 3000 milligrams daily.

How do we reduce the amount of salt we ingest? Read nutrition labels. A frozen dinner should have no more than 600 mg. Buy snacks and side items with no more than 150mg per serving. Try to eat fresh produce, meat, poultry and fish rather than canned meats/fish or cold cuts. Check canned vegetables. Look for lower sodium options, ideally fewer than 200 mg per serving.

From: "Everything you need to know about SALT," Woman's Day, March 2011  
*Joyce Scoll*

### **SKAGIT/ISLAND/SAN JUAN SCHOOL RETIREES ASSOCIATION LUNCHEON**

**MONDAY, MARCH 21, 2011**  
**DENNY'S RESTAURANT, MOUNT VERNON**  
300 East College Way  
11:30 a.m. – 1:30 p.m.

#### **MENU**

Soup or Salad  
Choice of Three Entrees:  
Grilled Chicken, Meat Loaf, or Shrimp Skewers  
& choice of two side dishes:  
Rice, corn, green beans, or mashed potatoes  
Plus dinner rolls or garlic toast  
All for \$10.00 (includes tax & tip)  
Coffee, tea or wine available (additional cost)

**Please join us!**

## PROGRAM

The speaker for the March Luncheon will be **Dr. Jerry Jenkins**, the superintendent of ESD 189. The Education Service District 189 has made many changes since a large number of retirees were in the classrooms. We would like to get an update on the resources that are available to teachers and school districts. Do school districts pay a fee for ESD services? Does the state? Hopefully he will be able to take a few questions when he is finished with his presentation. We will have an enlightening speaker in Dr. Jenkins.

**Teachers do what lawyers do, only with less pay, more judges and a tougher jury! :**  
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### DATES TO REMEMBER THROUGH AUGUST

March 14 – NW1 Coordinating Council meeting  
March 21 – Regular Luncheon meeting  
May 23 – Board meeting  
June 6, 7, and 8 – WSSRA Convention in Wenatchee  
June 20 – Regular Luncheon meeting  
July 18 – Organizational meeting for 2011-2012 year  
August 15 – Annual BBQ

**YOU** are invited!

I am sure you are all paying close attention to the news on the legislative front when it comes to our pensions. Sometimes it makes us all feel rather powerless.

Our local Skagit/Island/San Juan Unit # 21 of WSSRA is offering you an opportunity to feel like you can make a difference in your own retirement destiny!

The annual WSSRA convention is being held in Wenatchee on June 6, 7, and 8, 2011. There is no cost to you. Your room and meals are covered as are the costs of the convention. Diane Visten and I are attending as are some of our other local members. We carpool to save \$\$\$ and we have room for more to ride along!

This is a chance to learn about the impact of this year's legislation sessions, to make/renew local contacts in our field plus to see what small part we each could play in protecting our pension's rights.

This is a motivating and bonding experience. It can be amazing when we each take one small step...become one more link...in protecting what we have all worked so hard to gain.

Plus we have a great time together...friends with common interests and goals. Please join us! Contact Barbara Landrock at [bland3@hotmail.com](mailto:bland3@hotmail.com) or at 856-2190.

**Barbara Robinson** [babsann09@comcast.net](mailto:babsann09@comcast.net)



### **AWARD NOMINATIONS NEEDED NOW**

Each year our Unit has an opportunity to nominate members for two annual awards. The Stan McNaughton Outreach Award recognizes members who have served their community by volunteering above and beyond normal expectations in order to enhance the lives of their community, and in so doing, have improved the image of WSSRA. Local members who have received this award are Helen Aamot and Bill Stendal.

The other award, the Patrick T. Hoban Meritorious Award recognizes members who have been outstanding in performing their school retirees' leadership/committee duties beyond the norm, and in so doing, have inspired others to accomplish further WSSRA goals. Members who have received this award are Kathy Reim, Harriet Smith and Barbara Landrock.

The nominations for these awards must be submitted by March 17<sup>th</sup> in order to be considered for the June 6, 7, 8, 2011 convention. Please take a few moments to ponder the names of Skagit/Island/San Juan members you think would be excellent nominees from our unit by listing some of their attributes and sending that information to President Barbara Landrock, or by calling her at 360-856-2190.









2010  
*Holiday Brunch*



**Skagit/Island/San Juan  
School Retirees  
1407 Highway 9  
Sedro-Woolley WA 98284**

**PRSRT  
AUTO  
U.S. Postage PAID  
Sedro-Woolley, WA 98284  
Permit No. 218**

**Skagit/Island/San Juan School Retirees Association  
Luncheon**

**Monday, March 21, 2011  
Denny's Restaurant, Mount Vernon  
300 East College Way  
11:30 a.m. – 1:30 p.m.**

**Guests are welcome  
PLEASE JOIN US!**