



UNIT 21

Skagit-Island-San Juan School Retirees' Association

August, 2010

FOOD BANKS: HELPING OUT

On July 7 Unit 21 received a thank you letter from the North Whidbey Help House. Our food donation and money contribution were deeply appreciated. As they explain, "In June, we distributed 550 food baskets- our second highest number of food baskets in one month ever."

Our dedicated volunteers, Millie and Reidar Ytgard, have offered to continue to distribute much needed resources across our communities. We know from the surveys that many of you respond to this need in other places as well. We are a generous group. We know it. Our communities do too. Our thanks to Millie and Reidar for putting faces and hearts on WSSRA. This month our donations will go to the Mount Vernon Food Bank.

PEBB OPEN ENROLLMENT

Watch your mail for PEBB health insurance information. Open enrollment will be October 15 to November 30, which is the only time in the year you may change your health care coverage. There will be changes in premiums in 2011. Contact your SHIBA counselor if you have questions about your coverage. You may see the changes on line at www.hca.wa.gov.

WELCOME NEW MEMBERS

Roger Wills
Joyce Foxx
Judith Anderson

We hope that you will become involved with our Unit 21 activities and meetings!

Reminder!

Treasurer's report

June to July, 2010

Checking	\$2,123.17
Savings	\$1,889.18

Attention Actives

Grant applications in the amount of \$100 will be received on a first come, first served basis until Halloween. The Forms for the Application are on our Unit 21 Web Site: www.sisra21.org.

WE REMEMBER

Our friends and colleagues who passed away in May:

Fred Lieb
Alida Palmer

DO YOU GET TELEMARETERS PHONE CALLS AT DINNER?

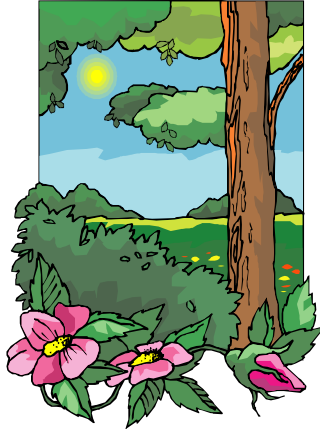
Here is how to stop them.

The Federal Trade Commission launched the National Do Not Call Registry to give Americans a choice about getting telemarketing calls.

Not all calls are covered. Once your number has been on the registry for 31 days, most telemarketing calls will stop. You still may get calls from political organizations, charities and telephone surveyors. Also, companies may call you if they have had business with you.

To get on the registry, visit donotcall.gov on line or call 1-888-382-1222.

This helpful hint was submitted by Joyce Scoll.



MEADOW VIEWS by Kathy Reim

First I would like to ask you to please put this down and go to your computer or laptop. Please send me a message.

"Hi, Kathy,

Please add me to the Unit 21 contacts.

Thanks,

your first and last name"

kreim@earthlink.net

I have agreed to serve as team leader for the website and to expand our communication links to our members on behalf of our legislative effort. Currently we have about 40 contacts.

We hope to have 100 member e-mail addresses by the beginning of 2011. We promise not to misuse your trust. These addresses will be only for Unit 21- not shared with anyone else. No jokes (unless you call what is sometimes proposed in Olympia a joke on us) or forwards. You know we are up against very sophisticated organizers. We need to help our state organization match them.

Thanks to the 125 people who sent in the survey forms we sent out in the last newsletter. We have been looking over them carefully and making changes to reflect the information. The top priorities were our legislative efforts to protect our pensions and growing our membership through Out Reach such as grants and presentations in the schools. The social events are difficult for many people to support and increasingly few people want to organize them. That being said, we have a great barbecue planned for August 19, and we will have a lovely event again in December.

Over half of you have said you like this newsletter. I appreciate the personal notes about the writing. We all remember the power of praise and positive reinforcement. Thanks.

For 17 years I have lived here in Meadow View, seven miles north of Sedro-Woolley, and a lot of the world's views have changed. My new column in the newsletter will be a collection of views from my "meadow." At the recent WSSRA convention we heard there is a growing view that pension programs in both the private and public sector are going to be a thing of the past.

What do you think of that idea? I wonder what I would say to those who worked to create this legacy. I wonder what will be said to future generations. I am puzzled by this world view. What are your views? I will add them to this column. **Kathy**

CONVENTION HIGHLIGHTS

Diane Visten and I were pleased to be invited to attend the Washington State School Retirees' Association's 63rd annual convention in Yakima on June 7-9. Kathy Reim, Barbara Landrock, Joanne Jones, Diane and I represented the Skagit/Island, San Juan Unit # 21.

This was a first for Diane Visten and me. We were impressed as the Association considered and made important decisions that would enable the continued growth of WSSRA. We learned about the past legislative session and its impact on each of us. We met the new leaders who will provide guidance to our members across the state. We attended luncheons and banquets celebrating the accomplishments of the past year and made new contacts. We attended breakout sessions that provided training and gave information that will be useful in our local units work this next year. Diane and I attended the Legislative breakout session as we were interested in what our legislators plan for the coming year that will affect all of our lives. We found we all would benefit by being alert to who our elected officials will be and what they are thinking about for our pension futures.

Diane and I learned some “new to us” terms! Are you aware of defined benefits compared to defined contributions and what that might mean to you? Do you know about pension funding gaps? And what is the unfunded liability about? These are just a few of the terms. Perhaps more important we learned what WSSRA is about...protecting our retiree benefits. It is amazing how complex that has become. There are resources for learning about these things and more. Our state WSSRA website is updated with information that is timely. AARP provides important information for all seniors. We also have our local unit meetings and publications that give us valuable information and contacts.

Attending this convention opened my eyes. There are many “mature” retirees alert to the issues and standing up quietly for the benefits we have earned. The convention theme “Staying Connected” is timely for us today. And, Diane and I were motivated by the dedication and the focused energy of our fellow retirees. We plan to become one more link in that chain of communication. We will monitor the state website; and thru Kathy's plan to use an online newsletter, we will stay connected with our members.

Join us! Send kriem@earthlink.net an email. Get Connected!!!
Barbara Robinson

ALSO, check Unit 21's website www.sisra21.org frequently for updates—especially during the legislative session.

UNIT 21 TEAMS

On Thursday, July 15, Unit 21 held a special organizational meeting at the Royal Fork. We were able to get a start on leaders for these teams. Barbara Landrock prepared items to be completed by teams.

Legislation – Kathy Reim, Robert Pickering, and Barbara Robinson will do this with help from Diane Visten.

Luncheon - Joyce Scoll, Harriet Smith, Joanne Jones, and Bill and Eloise Stendal will head up this team. We can always use more!

Communications - Joanne Jones will do the Newsletter. Article writers are welcome!

We are still in need of volunteers to do Membership and the Retirement Seminar. These jobs can be done with others—you don't have to do them by yourselves. We also are still in need of a Secretary and a Treasurer. **Be an active member and offer to help.** *Joanne*

Calendar update for the remainder of 2010

August 19	Unit 21 Barbecue at Riverfront Park, Sedro-Woolley
December 6	Holiday Brunch at Skagit Country Club, Burlington

Surgery: Health Tips to Speed up Recovery Time

Rest or immobilize the part of your body that undergoes the surgery as recommended by your doctor. If he/she says no climbing stairs, don't climb them. If you are to stay off that leg, do so. Remember by not listening, you may keep the area from healing correctly.

Sleep. Sleep gives your body the time it needs to repair itself.

Stay hydrated. Drink water. Watch your intake of caffeine.

Eat well. Protein contains amino acids which will help build tissue.

Think positive thoughts. Talk to positive people. Relax. Pamper yourself. Massage can be very helpful.

As you start to heal, pace yourself. Go slowly. When you are able, begin an exercise routine. It improves your balance and builds strength and flexibility.

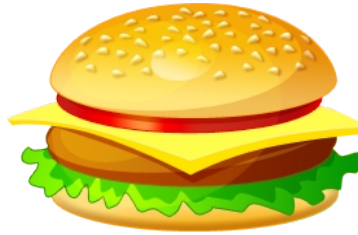
Don't fall. Wear comfortable, low-heeled shoes. Use a cordless phone. Have grab bars placed near the toilet, tub and shower.

Let others help. It will make them feel you value their friendship. They will know they can count on you.

***The Governor's Health Walk will be in October. Get your walking shoes ready!**

**SKAGIT-ISLAND-SAN JUAN
SCHOOL RETIREES**

Unit 21



**HAMBURGER
BARBECUE
\$10.00 per person**

AUGUST 19, 2010

11:00- 1:30

**Meet and Greet 11:00-
11:30**

Lunch 11:30-12:30

Legislator

Conversations

12:30- 1:30

**Riverfront Park
101 River Road
Sedro-Woolley, WA 98284**

BARBECUE MENU—\$10

hamburgers

potato salad and cookies

coffee & punch

REUNION & GET ACQUAINTED

RSVP is helpful

e-mail preferred kreim@earthlink.net

or 360 856 4676

message with name and number attending

Map available:

**[http://www.ci.sedrowoolley.
wa.us/Parks_and_Recreation/facilities.htm](http://www.ci.sedrowoolley.wa.us/Parks_and_Recreation/facilities.htm)**

We will take up a collection to benefit the grant fund.

*The program will include introductions of legislative candidates
from the 10th, 39th and
40th Districts*

Some of the questions we have asked them:

What do you see as a plan to address the unfunded liability for Plan One?

*How do you feel about defined contributions or defined benefit pension
programs?*

What are your ideas on how to address the budget challenges?

We especially hope actives, and our grantees from this year or in the past will join us.

PADDLE BOAT CRUISE

How about a day cruise with some of your former colleagues? The largest paddle boat west of the Mississippi will be cruising on Lake Union with a narrated tour & Variety Show. Date? September 1, 2010. Cost? \$90 for bus, cruise & lunch. Leaves Bellingham at 9 a.m. or Mount Vernon at 9:30 a.m. Interested? Call Hesselgrave Tours, 1-800-457-5522 or www.hesselgrave.com



GRANT AND SCHOLARSHIP DONATION

Those wishing to donate to our GRANT and SCHOLARSHIP FUND, please use the following form. REMEMBER, by donating you are assisting an active school employee to augment their school program. Scholarships speak for themselves.

Donor Name _____

Address _____

City _____ State _____ Zip _____

_____ If you wish to donate in honor of an individual, please check _____

_____ If you wish to donate as a memorial, please check _____

Person's name _____

Person to be notified _____

Address _____

City _____ State _____ Zip _____

***Please mail to Barbara Landrock, 1407 State Route 9, Sedro-Woolley, WA 98284-9670.**

**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**

**HAMBURGER BARBECUE
AUGUST 19, 2010
11:00- 1:30
Riverfront Park
101 River Road
Sedro-Woolley, WA 98284**

**Guests are welcome
PLEASE JOIN US!**