



UNIT 21
Skagit-Island-San Juan
School Retirees' Association
February-March, 2012

WSSRA Unit 21 Program and Luncheon

Monday, March 19, 2012

Skagit County Historical Museum in LaConner, WA

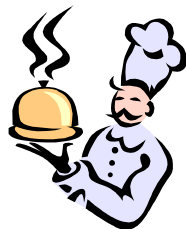
Time: 10:00 a.m.

Please bring friends and family to the wonderful Skagit County Historical Museum in LaConner, WA at 10:00 on Monday, March 19. We will be met by Clark McAbee, who will take us on a special tour and preview of the program about the Morrow brothers, Lacey, Dewey, as well as the famous Edward R. Morrow, who is considered one of the most respected pioneers in radio/television journalism. Edward R. and his older brothers, Lacey and Dewey, all grew up in Skagit County, graduated from Edison High School and attended Washington State College. This is a special event presented by the Museum and Skagit County Washington State University Alumni. **Admission is \$3.00 for seniors.**

We will gather at the La Conner Seafood and Steak House at approximately 11:30 AM for lunch and short meeting.

For more information: Skagit County Historical Museum, 501 South 4th, LaConner, 360 466-3365 or www.skagitcounty.net/museum

Advance reservations can be made to: Diane at dvisten@wavecable.com, or 360 387 1348.



Welcome New Members

Robert (Joe) Best
Rebecca Firth
Christina Henton
Kathleen Schrier
Nina Troutner

We Remember

Margaret Franulovich
John (Jack) Kenney

**In memory of Maggie Franulovich, a
\$25 donation to our Grant Program was
made by Barbara Robinson.*



Membership

The good news is—our membership is growing slowly. Unit 21 has 538 members now. That is 22 more than we had at this time last year.

We all need to do some recruiting. Do you volunteer at a school? Do you have former colleagues who are frustrated with the COLA situation? Do you know retirees that want to be better informed about their retirement rights? **Ask them to join us!**

You can pick up some membership forms at the next meeting, or call me and I will mail them to you. **Harriet Smith** 360-856-6521.

Treasurer's Report

Checking	\$5176.79
Savings	\$ 690.51

Community Service

Please bring non-perishable food items, unopened travel-size personal products, and/or cash donations to the meeting with you. This month's recipient will be the Mount Vernon Food Bank. The food banks are very appreciative of any and all donations.

March 19-25 is School Retirees Appreciation Week. Pat yourselves on the back!

Retirement Planning Seminar

**March 10, 2012
8:30 a.m. – 2:45 p.m.
Burlington Senior Center
1011 Greenleaf Avenue
Burlington**

There will be a keynote address and follow-up session on “Life and Financial Planning” by local expert CFP, Thor McIlrath. Additional sessions will cover Estate Planning, VEBA, SHIBA, PEBB, Long Term Care, PEMCO, and WSSRA resources.

Registration (which covers materials and lunch) is \$5 prior to March 10 and \$10 at the door. To register, contact Lonnie Keown at 360-856-6498 or lkeown@bossig.com.

Lonnie Keown

President’s Message – *Diane Visten*

Well, we made it through the bad weather, and most of us were lucky enough to do it in comfort. However, some of our seniors to the South, who are otherwise intelligent people were not so lucky. They had to suffer through power outages that lasted for days, and, because they were not prepared, they endured the cold and all its side effects. Would you have been "wise" enough to have done better? Let's hope so, but just in case you have forgotten, here are some tips.

First, if you have computer access, there are some wonderful websites for us all to check: Bay Area Emergency Preparedness Coalition for Seniors and people with Disabilities- <http://www.preparenow.org/ba-eprep.html> or Disaster Preparedness For Seniors By Seniors- (Red Cross site) by simply typing in the words above. For all of us, here are a few things to consider:

1. Bottled water (3 gallons per person in small bottles)
2. Several flashlights (by the bed, and around the house)
3. One week supply of medications (rotated regularly), plus doctor's name on your refrigerator
4. Shoes under your bed, for easy access
5. Fire extinguisher (Know how to use it)
6. Battery operated radio
7. Whistle or loud bell (to attract attention)
8. Garbage bags (for personal waste)
9. Wrench to turn off gas
10. Non-perishable food, manual can opener, blankets, toilet paper, paper plates, pet food, extra eye glasses, hearing aids, etc

We could go on, and you will probably think of many more items, but the important thing here is to DO IT! We are all guilty of thinking, "It won't happen to us," but folks, it could, and we should be as ready as we can be. So, let's show that "With age comes wisdom" and become active in helping ourselves, so perhaps we can help others if a crisis occurs.

Legislation

ALERT – THE LEGISLATURE IS AT IT AGAIN!!!

The senate is proposing a bill that is a threat to current and retired school employees. This bill – Senate bill 6378 – has three parts:

1. RAISES PLAN 2 AND PLAN 3 RETIREMENT AGE TO 65. In 2008 the Legislature established Early Retirement at age 62 with 30 years or more of service. This was done when the Legislature ended Gain Sharing in 2007. It was HB 2391.

2. LOSES PLAN 2 TO ALL NEW SCHOOL AND STATE EMPLOYEES. New hires **MUST** join Plan 3. Plan 3 is a two-part retirement. **PART 1** – State contribution is **DEFINED BENEFIT**. Meaning, retirees will receive that amount for the rest of their lives. **PART 2** – is the employee's contribution to their retirement and is a **DEFINED CONTRIBUTION**. That means when the monies in that fund are gone, there is no more. The retiree is left with only the defined benefit and any other savings they have.

3. SKIP A \$130 MILLION PAYMENT TO PLAN 1 INVESTMENT FUND. This fund is known as the **UNFUNDED LIABILITY**. By **NOT** making the payment, they are adding to the billions they already owe the Plan 1 **UNFUNDED LIABILITY**.

We **MUST** let our legislators know that they need to **STOP** using **PERS, SERS AND TRS** retirement systems as their cash cow. They have already taken so much from our retirement. They promised gain sharing and took it away. They promised a **COLA** and took it away. They promised early retirement and took it away. Their promising and taking away shows we cannot rely on them to do what is right and fair.

CONTACT YOUR LEGISLATORS – LET THEM KNOW WE CANNOT KEEP BAILING THEM OUT OF THE FINANCIAL PROBLEMS THEY HAVE CREATED!!!
Barbara Landrock



..... And now for a few smiles.

MY TRAVELS

I have been in many places, but I've never been in Cahoots. Apparently, you can't go alone. You have to be in Cahoots with someone.

I've also never been in Cognito. I hear no one recognizes you there.

I have, however, been in Sane. They don't have an airport.

You have to be driven there. I have made several trips thanks to my friends, family and work.

Also, the trips seem to be getting shorter and more frequent.

I would like to go to Conclusions, but you have to jump,

and my knees and hips are not too much for that type of physical activity anymore.

I have also been in Doubt. That is a sad place to go, and I try not to visit there too often.

I've been in Flexible a few times, but only when it was very important to stand firm.

Sometimes I'm in Capable, and I seem to go there more often as I'm getting older.

One of my favorite places to be is in Suspense! It really gets the adrenalin flowing and pumps up the old heart! At my age I need all the stimuli I can get!

Sometimes I think I am in Vincible but life has shown me that I am not!

I have been in Deep S--- quite a few times; and the older I get, the easier it is to get there.

Hope you are having interesting travels these days.

Contributed by Kathy Reim

The Best and Easiest Exercise: Walking

Walking may be the single best and easiest exercise you can do to improve and maintain your health. Regular walking can protect the aging brain against memory loss and dementia, help cut the risk of heart disease and reduce the chance of developing type 2 diabetes. Benefits come from walking 30 minutes a day several days a week.

The National Institute on Aging has launched a "get off your duff" campaign called **Go4Life** to encourage people to engage in physical activity. Even if you are not able to do strenuous exercise you can start walking.

TIPS TO BEGIN A WALKING REGIMEN:

1. Get a good pair of walking shoes
2. Start with short distances or time periods of 5 to 10 minutes.
3. Warm up before you walk. Stretching and slow walking for 5 minutes then walk briskly slowing down the last 5 minutes.
4. If your goal is 30 minutes, try a 15 minute walk twice a day or three 10 minute walks.
5. Wear a pedometer. 5000 steps or fewer daily is considered sedentary. Work your way to taking 10000 steps each day.
6. If you are unable to walk outside consider walking programs inside such as the morning program at the Cascade Mall.
7. Check with your doctor before beginning any exercise program.

Many of our local Parks and Recreation Departments have maps and information on walks in the area.

Anacortes Parks, 6th St. and Q Ave., 360-293-1918

Burlington Parks, 900 E. Fairhaven, 360-755-9649

Mount Vernon Parks, 1717 S. 13th St., 360-336-6213

Skagit County Parks, 315 S. 3rd St. Mount Vernon, 360-336-9414

Joyce Scoll, Health

THE ONLY EXERCISE YOU'LL EVER NEED: WALKING, Candy Sagon, AARP Bulletin, January-February 2012

Congratulations to all of the 2011 Grant recipients!

Dates to Remember

March 5 – NW 1 Coordinating Council Meeting at Royal Star
10:00 a.m. with coffee and rolls at 9:30 a.m.

March 10 – Unit 21 Retirement Seminar at Burlington Senior Center
8:30 a.m. to 2:45 p.m.

March 19 – Program at LaConner Museum with no-host lunch
to follow at LaConner Seafood and Prime Rib

May 21 – Unit 21 Board Meeting at Royal Star at 10:00 a.m.

June 3-5 – WSSRA Convention in Spokane