



*Skagit-Island-San Juan  
Unit 21  
School Retirees' Association  
August, 2017*



**WSSRA Unit 21  
Board Members/Contacts**

**President:**

Bruce Boyer  
bnpboyer@msn.com

**Secretary:**

Diane Visten  
dvisten@wavecable.com

**Treasurer:**

Barbara Landrock  
bland3@hotmail.com

**Correspondence:**

Eloise Stendal  
stendal@comcast.net

**Grants/Scholarships:**

Diane Visten  
dvisten@wavecable.com  
Joyce Moon  
joycevmoon@gmail.com

**Health Committee:**

Mary Henderson-Jones  
darreljones@frontier.com

**Historian:**

Bonnie Green

**Legislative:**

Bruce Boyer  
bnpboyer@msn.com  
Barbara Robinson  
babsann09@comcast.com  
Diane Visten  
dvisten@wavecable.com

**Membership:**

Barbara Robinson  
babsann09@comcast.com

**Newsletter:**

Joyce Moon  
joycevmoon@gmail.com

**Outreach:**

Reidar Ytgard  
rmytgard@wavecable.com

**Retirement Planning:**

Lonnie Keown  
lonnie.keown@gmail.com

**Social Media Addresses**

- **WSSRA.org** (for updated organization news and legislative news)
- **SISRA21.org** (Facebook-Website for local news and updates)
- **WSSR-PAC**  
1928 Circle Loop  
Lacey, WA 98503  
www.wssr-pac.org



**Please let me introduce the new president of WSSRA Unit 21 to you - -Mr. Bruce Boyer.**

Bruce comes to WSSRA with a 47 year history in the educational field. He graduated from Western Washington State College in 1970 with a BA in Science Education. He then became a science teacher, mostly chemistry, at Mount Vernon High School, Mount Vernon, WA. He stayed in that position until 1997.

In 1997 Bruce became the Assistant Principal for Lynden High School, Lynden, Washington. During the time Bruce was working in Lynden he also obtained his Masters Degree from Western Washington University (1980). He tells us that he loved the small town atmosphere and community connection he found in the Lynden populace. Having worked in Lynden as a school administrator at the same time Bruce was there I can only agree with his opinions on this. Bruce was very effective and student oriented in his approach to his job.

Mukilteo School District lured Bruce away in 2000 for a four year stint as school administrator for their district. For the four years Bruce was an administrator at Mukilteo's Mariner High School, he enjoyed the various cultures and the 43 different home languages found in their school environment.

In 2004 Bruce became a liaison for two different universities and worked with student teachers in the classroom. He really liked being back in the classroom and continued in this phase of his career for 16 years.

All during this time Bruce had a dual career. He raises beef cattle—and has since the early 1970's. He shares with us "that all through the years of teaching, putting up hay from the fields was one time of the year that I could start something and see it through to completion in a short period of time. During my time in teaching, it felt more like I was on a walking machine with a belt just trying to keep up with all the incoming issues during the school year."

Bruce tells us that farming has been a great way to get in exercise on a regular basis without going to a gym and much easier to "schedule" and stick with. Bruce and his wife of fifty years this month, Pat, have two children who grew up helping with the haying during their summers and now two of their grandchildren have been helping. The farm currently puts up more hay now than in the past and though it is more work, it is not the adventure that it was in earlier years.

Bruce joined Unit 21's Board in 2015 and was elected to the President's position for the 2017-2018 term. He finds working with this group of retired employees has been a good outlet and way for him to meet people with similar experiences and values. **Anyone looking to join in any of our board or unit activities may contact any of our board members and work in whatever/whenever way you would like. The more the merrier.**

Bruce is looking forward to working with the board this year in a new position with support from the rest of the group. We will have at least one activity for all of us to be able to attend. This event, to be finalized later this year, will be posted in our newsletter. This will give you all the opportunity to get the needed information to help you during retirement and also to give you a chance to acquaint yourself with colleagues of your past."

*Joyce V Moon, Newsletter Editor*

## **WSSRA 2017 State Convention Report**

I attended this convention with Diane Visten and Barbara Robinson, who took me under their wings as seasoned convention attendees and helped introduce me to various people attending. This was the first time that I have attended this state convention and the following is my attempt to share with you what goes on at this event. The first night there was an awards banquet honoring those who have been serving on our State Committees and others who work tirelessly for us. On the second day, there was a very moving "Celebration of Life" service paying tribute to deceased members from within the State. We had 14 members from our Skagit-Island-San Juan unit who were listed in the program. Later that day, administrative issues were addressed and the election of new state officers took place. After lunch on the second day, there were scholarships awarded from the State WSSRA Scholarship Foundation (this is where your money goes if you donate or buy an auction item at one of our local events). You might be interested to hear that the raffle items at the convention generated over \$6000 from the people attending the convention. Madelynn Weathers was the recipient of the scholarship for our area. I was also happy to note that we, in partnership with PEMCO, awarded 16 additional four year scholarships. The scholarship recipients from our area were Emma Clark and Emily Carroll.

As you can imagine, throughout the convention there were also great speakers, meals and very talented local musical entertainment from nearby school districts. On the final day, we broke out into various groups for training/discussions relating to our local unit needs (Health Services, Legislative Comm., Membership Comm., Outreach Comm., Retirement Planning, Treasurers, Unit Secretaries and Unit Presidents).

So why am I telling you about what happened at the convention? First, to keep you informed about what ***your*** local unit is doing to help keep everyone current. Secondly, so that we continue supporting ***all*** active and retired members in our unit, Secondly to show that we have a great support team working for all us at the State level. The better informed all of us are the better we can understand the work that is being done for you/all of us. Whether it is to help maintain/enhance your State retirement benefits, support local teacher education scholarships, provide local classroom mini-grants, create opportunities for you to meet your local legislators, or just provide opportunities for us to get together to listen to an interesting speaker or just socialize in small settings.

*Bruce Boyer, Unit 21 President for 2017-2018*

## **Unit 21 Board Meeting Report**

Your Unit 21 Board and interested members met at Padilla Bay Interpretive Center on August 7th to plan the upcoming year. We covered many topics and began work on updating Unit 21's By-laws. We will continue to work on that task at our next meeting (s). The board was very concerned about the results of the survey sent out in the May, 2017 newsletter. The fact that only 19 were returned (out of approximately 450 sent out) is disheartening. We read the comments carefully and saw very few individuals who indicated any interest in becoming more active and involved. This is a problem as many of those most active on the board are growing older and facing health problems. Unit 21 would greatly benefit from assistance in keeping the organization that works for your benefit running smoothly.

We heard reports from all committee chairs and discussed those reports. The Board reached the decision that personal contact with members who are not currently active or involved is crucial to increasing our effectiveness. Barbara Robinson, Membership Chair, encouraged us all to keep contacting our members and inviting them to participate more fully in Unit 21's activities. We need to keep our legislators in Olympia informed of your needs and concerns. Our voices need to be heard. We need your help and input to be effective in our contacts with those legislators who have the power to adversely impact your health and retirement benefits.

Our next Retirement Seminar is well organized and is scheduled to take place March 9, 2018 at the Northwest Education Service District 189 in Anacortes, Washington. The board members are asked to provide cookies for that event.

We will hold two "Meet the Candidate" events in conjunction with the League of Women Voters in the fall and are looking forward to being involved in that event.

December 6th will bring our annual Holiday Luncheon at the Skagit Golf and Country Club in Burlington so mark your calendars. More information on this event will be coming your way as planning progresses.

We reviewed last year's budget and approved a new one for the incoming treasurer, Barbara Landrock.

Allison Rosenberger, or first Western Washington Student Teacher Scholarship recipient, was our guest for the potluck lunch at the Padilla Bay Retreat/meeting. We were happy to hear her plans for the future and her appreciation at being selected as the recipient for the WWU scholarship funded by Unit 21.

## Unit 21 Board Meeting Report cont.

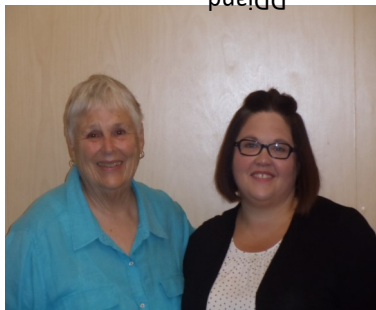
The board set a partial calendar for the 2017-2018 year and is hoping to add more general activities to our schedule. Perhaps a luncheon or two with speakers who will interest the entire membership group. We would love to hear your ideas for potential programs that you would like to attend. We will send out more information on this topic as things develop over time.

As always we ran out of time before we completed all the things we needed to do, but we made a good start and are looking forward to a busy year.

*Diane Visten, Unit 21 Secre-*

## Committee Reports

**Scholarship:** Unit 21 is proud to announce the awarding of our very first Student Teacher Scholarship. We are working in conjunction with the Woodridge College of Western Washington University.



The recipient of our first scholarship award is **Allison M. Rosenberger**. Allison is a graduate of Sedro Woolley High School class of 2000. She has since married and is raising two children while working in administrative jobs. She returned to Western Washington University to get her degree in Elementary and Special Education. She has maintained a GPA of 3.85 or above and was awarded the Presidential award for the winter quarter of 2017.

Allison has demonstrated her community spirit by being active in her community PTA, acting as a troop leader of Girl Scouts, and being a member of her church board.

Unit 21 is pleased to be able to assist this worthy future-teacher in her journey to join the ranks of classroom teachers.

Diane Visten Allison Rosenberger

*Diane Visten, Scholarship Chair*

**Treasurer:** As of July 31, 2017



Checking Balance : \$1762.59 (Funds used for ongoing expenses of Unit 21)

Savings Balance: \$10,978.05

Funds expended for scholarship = \$1500,

Funds expended for Mini-Grants = \$2500

Funds transferred to Memorial Fund = \$350

*Lonnie Keown, Treasurer*

**Health:** Today, thanks to an article by Dr. Robert Ashley and published in the Skagit Valley Herald, we will pass on some advice on pain relievers. Pain relievers should be taken infrequently but many people tend to take them too often. The following information is to help you make the decision on which pain reliever to take and how often.



\*Tylenol has been used since 1955. Doses over 4,000 milligrams per day can cause liver damage, even death, if you are using alcohol during the same time.

\*Ibuprofen has been used for pain relief since 1974. This medicine has been classified as a non-steroidal, anti-inflammatory drug.

\*Aleve was marketed in 1976 and it works similarly to Ibuprofen. It has a long shelf life and gives longer lasting relief.

Both Aleve and Ibuprofen affects chemicals produced by the body and can work against the natural hormone-like substances that naturally protect the stomach lining from acidity. Extended use can cause stomach inflammation, ulcers and, possibly, severe bleeding.

\*Celebrex can lead to kidney injury for those older individuals who have congestive heart failure or cirrhosis.

All the medications listed above are good treatments if used for short spans of time and one avoids their use for extended periods of time, especially if one has a history of heart disease,

\*Acetaminophen is the safest when used regularly at doses no higher than 4,000 milligrams per day. If Acetaminophen is used regularly cut the daily dose to 2000 milligrams per day.

*Mary Henderson -Jones, Health Committee Chair*

**Retirement:** \_\_\_ If you are planning on retiring in the next couple of years or know someone who is, this seminar is for you! March 9,



2018 at Northwest Educational Service District in Anacortes. Larry Cade from the Healthcare Authority will speak from 5:00 pm to 6:00 pm and Eric Mathieu, Retirement and Deferred Compensation, will speak from 6:00pm to 8:30 pm. This seminar is open to all school employees and is FREE. Registration materials will be in schools the first week of February. For questions about this seminar, contact Lonnie Keown, [Lonnie.keown@gmail.com](mailto:Lonnie.keown@gmail.com).

## Outreach:

### Skagit-Island-San Juan Unit School Retirees' Unit 21 Partners with League of Women Voters of Skagit.



Again this year we are stepping up as a group to support the election knowledge of our members with this opportunity to meet with local candidates. Our Unit 21 will be co-sponsoring along with Skagit Publishing and League of Women Voters to present a Meet the Candidate Night. One will be in Anacortes on **September 14th at the Anacortes Public Library from 6:30 to 8:30 pm**. At the event we will hear from candidates for:

- Anacortes City Council positions 4 and 5 and the
- Port of Anacortes Positions 1, 2, and 5. There will be a short presentation from each candidate then they will have a chance to mingle in a casual setting for a more personal time to visit with the public.

The second Meet the Candidate event will be held at the **Burlington Public Library on October 9th from 6:30 to 8:30 pm**. Candidates for the following positions will be heard.

- Burlington City Council Ward 4 and the At Large positions
- Mount Vernon Council Ward 1 Position 2, and Ward 2 Position At Large
- Sedro Woolley Council At Large Wards 3 and 6, School District 4 and Hospital District 1 Position 5
- Conway School Board Position 5.

Coffee and cookies will be provided We are giving the candidates some input ahead of time so that they will be able to address our concerns in their short presentation at the beginning. After the presentations there will be time for casual conversation in small groups while also meeting the candidates personally.

*Barbara Robinson, Membership Chair, Legislative Committee Representative*

### WSSRA Member Benefits!

Did you know that as a member of WSSRA you have excellent benefits you can take advantage of? Here are just a few:

- Insurance Benefits: Long term care, Dental Insurance, Vision plan
- Travel Related Benefits: Medical Air Transportation Services, AMBA Travel Prex, LaQuinta Inn and Suites discounts, Rental car discounts from Avis, Budget and Advantage
- Additional Benefits: American Hearing Benefits, Dell Computer discount Program, Apple discount, 1-800-FLOWERS, CU Wireless discounted phone and plans.

For information on benefits visit [www.myAMBAbenefits.info/wssra](http://www.myAMBAbenefits.info/wssra) or call 1-800-258-7041. You will be glad you did.



Your Unit 21 executive Board at work for you!

Come join us at our next meeting. We would love new members to help us make decisions for your benefit.

**EMAIL NEWSLETTER AVAILABLE!**

If you are you interested in getting your Unit 21 newsletter via email? It's faster, comes in color, and is more convenient.

If you would like this service please contact:

**Bruce Boyer**  
**bnpboyer@msn.com**  
**Thank You!**

**ADDRESS CHANGES**

**Please let us know if you have moved and have a new address. Send new addresses or contact information to :**

**babsann09@comcast.net**

**Or**

**bnpboyer@msn.com**

**Thank you!**

Please support your **WSSR-PAC** with a check today. Your dues do not go to support this valuable service; they depend totally on fund raising events and individual contributions. Make checks payable to:

**WSSRA-PAC Treasurer :**

**WSSRA-PAC**  
**1928 Circle Loop**  
**Lacey, WA 98503**  
**Thank You!**

**"Refrigerator Poster" SISJSRA 2017-2018 Calendar**

<b>Event</b>	<b>Date</b>	<b>Time</b>	<b>Location</b>
Unit 21 SISJ Board Meeting	September 11, 2017	10:00 am	Lonnie Keown's House 716 Orth Way Sedro Woolley, WA
Meet the Candidates (Partnered with League of Women Voters)	September 14, 2017	6:30 pm	Anacortes Public Library 1220 10th Street Anacortes, WA
NW-1 Coordinating Council	October 2, 2017	9:00 am	Royal Star Buffet 2300 Freeway Drive Mount Vernon, WA
Meet and Greet Candidates (Partnered with League of Women Voters)	October 9, 2017	6:30 pm	Burlington Public Library 820 East Washington Avenue Burlington, WA
Unit 21 SISJ Board Meeting	November 6, 2017	10:00 am	Bruce Boyer's House
<b>Holiday Luncheon</b> 	December 6, 2017	11:30 am	Skagit Golf and Country Club 16701 Country Club Drive Burlington, WA
<b>Nw-1 Coordinating Council</b>	January 8,	9:00 am	Royal Star Buffet 2300 Freeway Drive Mount Vernon, WA
Unit 21 SISJ Board Meeting (Lunch provided)	February 19, 2018	10:00 am	Creekside Continuing Care Community 400 Gilkey Road Burlington, WA
<b>Retirement Seminar</b>	March 9, 2018	5:30-8:30 pm	Northwest ESD #189 1601 "R" Avenue Anacortes, WA
Unit 21 SISJ Board Meeting	May 8, 2017	10:00 am	Bruce Boyer's Home
<b>WSSRA Convention</b>	June 4-6, 2018		



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Skagit-Island-San Juan Unit 21  
WSSRA School Retirees'  
P. O. Box 66 U.S.  
Burlington, WA 98233



Please come join us as we work to protect your retirement and health benefits.







