WSSRA Convention and 75th Anniversary Celebration
Great Wolf Lodge in Grand Mound, Washington
WSSRA At Work For You

A message from the president

75 Years and Beyond

by Brad Beal, president

For the first time since 2019, WSSRA was able to hold an in-person convention. The following is my presidential address delivered to attendees at the 2022 Convention in Grand Mound.

WSSRA Vision Statement
WSSRA will provide leadership and promote action relevant to all retired and active school personnel.

GOALS

Continue to Build Relationships Within Our Organization, Community, and State Organizations
As an organization, we continue to adjust the way we interact since COVID arrived on our shore. Our new normal continues to morph. I want to encourage us to be flexible regarding the way we support our members.

Hybrid Platform Infrastructure, as needed
Zoom is an example of a communication tool that has helped bridge gaps during the last couple of years; but it does not provide the most conducive environment for building long term relationships. Webinars can provide the latest relevant information on retirement issues or health care issues, but often lacks the human interaction.

Implementation of the Revised Scholarship Program
We have found that providing an online alternative for our committees efficiently brought an ad hoc group together. Within weeks they were able to make major changes in our approach to providing scholarships. Future teachers and interns will benefit from their work. The expenses for travel, lodging, and time spent have been drastically reduced using this format.

Those Who Diligently Encourage, Contact, and Recruit New Members
How will we embrace this time of transition in the coming years? We are celebrating the 75th anniversary of WSSRA, our challenge is to find new and creative ways to assist members and communities. The ad hoc Scholarship Committee exemplifies this model.

Our Legislative Team’s Positive, Proactive Approach Representing Us
As president-elect, I had the opportunity to attend our Legislative Committee meetings throughout the past year. Their approach to representation was always respectful, but persistent and proactive. I am proud to be part of an organization that values positive relationships with all the organizations with which we interface.

Thank you for entrusting me to follow in Bruce Boyer’s footsteps as we continue to support our vision.

If we choose to cooperate, collaborate, and coordinate we will continue to make a real difference.
August and September were dominated by member questions about large 2023 cost increases in Uniform Medical Plan-Classic (UMP-Classic) — by far the most popular program in the PEBB Medicare supplement portfolio. The chart below says it all — those Medicare aged retirees who choose to stay with UMP-Classic in 2023 will be looking at an extra $3,500 more per subscriber per year than if they choose, for instance, United Health Care-Complete (UHC-Complete) or (even more) with Premera Plan G. Savings are a little less with either of the Kaiser Permanent options.

<table>
<thead>
<tr>
<th>2023 PEBB Medicare Retiree Plan</th>
<th>Monthly Single Subscriber</th>
</tr>
</thead>
<tbody>
<tr>
<td>Kaiser NW Senior Advantage</td>
<td>$176.13</td>
</tr>
<tr>
<td>Kaiser WA Medicare Advantage</td>
<td>$174.59</td>
</tr>
<tr>
<td>UMP Classic Medicare</td>
<td>$438.34</td>
</tr>
<tr>
<td>United Health Care (MA-PD) PEBB Complete</td>
<td>$145.63</td>
</tr>
<tr>
<td>United Health Care (MA-PD) PEBB Balanced</td>
<td>$122.94</td>
</tr>
<tr>
<td>Premera Medicare Supplement Plan F</td>
<td>$115.16</td>
</tr>
<tr>
<td>Premera Medicare Supplement Plan G</td>
<td>$98.53</td>
</tr>
</tbody>
</table>

To get at this, WSSRA sponsored a webinar featuring presentations from Health Care Authority leaders on August 22, and had the same presenters offer a keynote at the just-concluded WSSRA convention in Grand Mound. Those who missed either or both of these events, or need to take another look at the information provided, can go to the WSSRA website (wssra.org), click the “Webinars” tab, and scroll down to the recording. In addition, updated PowerPoint slides from the September 15 convention keynote by HCA are posted.

Anyone interested in switching plans must do so within the 2023 open enrollment period which is the month of November. WSSRA, like the Health Care Authority, will not make any recommendations as to which plan is best. That decision lies with the individual retiree, and depends on individual health care needs. The trick is doing the homework now, so that, when November comes around, the right decision has been made and any required paperwork can be completed in a timely fashion. Good luck!

Convention
Thanks to those who attended the 75th Anniversary convention in Grand Mound September 12 – 14. As the convention opened Monday afternoon you could just feel the sense of relief as 190 attendees realized that COVID-cancelled in-person conventions, which happened in 2020 and 2021, were a thing of the past.

Members really enjoy the annual convention. The outstanding keynotes, breakout sessions, and awards presentations are always appreciated, but the chance to get together with colleagues from across the state really makes convention week a hit. Yes, we all face challenges—especially in the aftermath of COVID—but talking with unit leaders about what they have done to bring members back into the fold is super valuable. Unit engagement plans for 2022-23 were discussed, vetted, and refined in Grand Mound—all designed to make WSSRA come out of COVID stronger than we went in.

Enjoy the upcoming year and plan to attend the 2023 Pasco convention in June!
The WSSRA Executive Board in conjunction with the WSSRA Legislative Committee have voted to endorse the following candidates for the Washington State Legislature. Endorsement decisions were based upon each candidate’s legislative voting record, their political positions on WSSRA’s issues, and their openness to meeting with WSSRA members. Endorsements are listed by WSSRA regions and districts.

**NORTHWEST REGION 1**
Skagit/Island/San Juan, Sno-Isle, Sno-King, Whatcom County

<table>
<thead>
<tr>
<th>District</th>
<th>Legislative Candidate</th>
<th>Position</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Davina Duerr (D)</td>
<td>House, Pos. 1</td>
</tr>
<tr>
<td>1</td>
<td>Shelley Kloba (D)</td>
<td>House, Pos. 2</td>
</tr>
<tr>
<td>10</td>
<td>Clyde Shavers (D)</td>
<td>House, Pos. 1</td>
</tr>
<tr>
<td>10</td>
<td>Dave Paul (D)</td>
<td>House, Pos. 2</td>
</tr>
<tr>
<td>21</td>
<td>Marko Lilias (D)</td>
<td>Senate</td>
</tr>
<tr>
<td>21</td>
<td>Strom Peterson (D)</td>
<td>House, Pos. 1</td>
</tr>
<tr>
<td>21</td>
<td>Lillian Ortiz-Self (D)</td>
<td>House, Pos. 2</td>
</tr>
<tr>
<td>38</td>
<td>June Robinson (D)</td>
<td>Senate</td>
</tr>
<tr>
<td>38</td>
<td>Julio Cortes (D)</td>
<td>House, Pos. 1</td>
</tr>
<tr>
<td>38</td>
<td>Mary Fosse (D)</td>
<td>House, Pos. 2</td>
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<tr>
<td>39</td>
<td>Sam Low (R)</td>
<td>House, Pos. 1</td>
</tr>
<tr>
<td>39</td>
<td>Carolyn Eslick (R)</td>
<td>House, Pos. 2</td>
</tr>
<tr>
<td>40</td>
<td>Debra Lekanoff (D)</td>
<td>House, Pos. 1</td>
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<tr>
<td>40</td>
<td>Alex Ramel (D)</td>
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<tr>
<td>42</td>
<td>Sharon Shewmake (D)</td>
<td>Senate</td>
</tr>
<tr>
<td>42</td>
<td>Alicia Rule (D)</td>
<td>House, Pos. 1</td>
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<tr>
<td>42</td>
<td>Joe Timmons (D)</td>
<td>House, Pos. 2</td>
</tr>
<tr>
<td>44</td>
<td>John Lovick (D)</td>
<td>Senate</td>
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<tr>
<td>44</td>
<td>Brandy Donaghy (D)</td>
<td>House, Pos. 1</td>
</tr>
<tr>
<td>44</td>
<td>April Berg (D)</td>
<td>House, Pos. 2</td>
</tr>
</tbody>
</table>

**NORTHWEST REGION 2**
Seattle area, Southwest King Co., East King Co., Renton/South King Co.

<table>
<thead>
<tr>
<th>District</th>
<th>Legislative Candidate</th>
<th>Position</th>
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</thead>
<tbody>
<tr>
<td>5</td>
<td>Bill Ramos (D)</td>
<td>House, Pos. 1</td>
</tr>
<tr>
<td>5</td>
<td>Lisa Callan (D)</td>
<td>House, Pos. 2</td>
</tr>
<tr>
<td>11</td>
<td>David Hackney (D)</td>
<td>House, Pos. 1</td>
</tr>
<tr>
<td>11</td>
<td>Steve Bergquist (D)</td>
<td>House, Pos. 2</td>
</tr>
<tr>
<td>30</td>
<td>Claire Wilson (D)</td>
<td>Senate</td>
</tr>
<tr>
<td>30</td>
<td>Jamila Taylor (D)</td>
<td>House, Pos. 1</td>
</tr>
<tr>
<td>30</td>
<td>Kristine Reeves (D)</td>
<td>House, Pos. 2</td>
</tr>
<tr>
<td>31</td>
<td>Chris Vance (I)</td>
<td>Senate</td>
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<tr>
<td>31</td>
<td>Drew Stokesbary (R)</td>
<td>House, Pos. 1</td>
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<tr>
<td>32</td>
<td>Jesse Salomon (D)</td>
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</tr>
<tr>
<td>32</td>
<td>Cindy Ryu (D)</td>
<td>House, Pos. 1</td>
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<tr>
<td>32</td>
<td>Lauren Davis (D)</td>
<td>House, Pos. 2</td>
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<tr>
<td>33</td>
<td>Karen Keiser (D)</td>
<td>Senate</td>
</tr>
<tr>
<td>33</td>
<td>Tina Orwell (D)</td>
<td>House, Pos. 1</td>
</tr>
<tr>
<td>33</td>
<td>Mia Gregerson (D)</td>
<td>House, Pos. 2</td>
</tr>
<tr>
<td>34</td>
<td>Joe Fitzgibbon (D)</td>
<td>House, Pos. 2</td>
</tr>
<tr>
<td>36</td>
<td>Noel Frame (D)</td>
<td>Senate</td>
</tr>
<tr>
<td>36</td>
<td>Liz Berry (D)</td>
<td>House, Pos. 2</td>
</tr>
<tr>
<td>37</td>
<td>Rebecca Saldaña (D)</td>
<td>Senate</td>
</tr>
<tr>
<td>37</td>
<td>Sharon Tomiko Santos (D)</td>
<td>House, Pos. 1</td>
</tr>
<tr>
<td>41</td>
<td>Tana Senn (D)</td>
<td>House, Pos. 1</td>
</tr>
<tr>
<td>41</td>
<td>My-Linh Thai (D)</td>
<td>House, Pos. 2</td>
</tr>
<tr>
<td>43</td>
<td>Jamie Pedersen (D)</td>
<td>Senate</td>
</tr>
<tr>
<td>43</td>
<td>Nicole Macri (D)</td>
<td>House, Pos. 1</td>
</tr>
<tr>
<td>43</td>
<td>Frank Chopp (D)</td>
<td>House, Pos. 2</td>
</tr>
<tr>
<td>45</td>
<td>Manka Dhingra (D)</td>
<td>Senate</td>
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<tr>
<td>45</td>
<td>Roger Goodman (D)</td>
<td>House, Pos. 1</td>
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<tr>
<td>45</td>
<td>Larry Springer (D)</td>
<td>House, Pos. 2</td>
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<tr>
<td>46</td>
<td>Javier Valdez (D)</td>
<td>Senate</td>
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<tr>
<td>46</td>
<td>Gerry Pollet (D)</td>
<td>House, Pos. 1</td>
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<tr>
<td>47</td>
<td>Debra Entenman (D)</td>
<td>House, Pos. 1</td>
</tr>
<tr>
<td>48</td>
<td>Patty Kuderer (D)</td>
<td>Senate</td>
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<tr>
<td>48</td>
<td>Vandana Slatter (D)</td>
<td>House, Pos. 1</td>
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<tr>
<td>48</td>
<td>Amy Walen (D)</td>
<td>House, Pos. 2</td>
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### SOUTHWEST REGION 3

<table>
<thead>
<tr>
<th>District</th>
<th>Legislative Candidate</th>
<th>Position</th>
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<tbody>
<tr>
<td>2</td>
<td>Andrew Barkis (R)</td>
<td>House, Pos. 1</td>
</tr>
<tr>
<td>2</td>
<td>J.T. Wilcox (R)</td>
<td>House, Pos. 2</td>
</tr>
<tr>
<td>23</td>
<td>Tarra Simmons (D)</td>
<td>House, Pos. 1</td>
</tr>
<tr>
<td>24</td>
<td>Mike Chapman (D)</td>
<td>House, Pos. 1</td>
</tr>
<tr>
<td>24</td>
<td>Steve Tharinger (D)</td>
<td>House, Pos. 2</td>
</tr>
<tr>
<td>25</td>
<td>Kelly Chambers (R)</td>
<td>House, Pos. 1</td>
</tr>
<tr>
<td>26</td>
<td>Emily Randall (D)</td>
<td>Senate</td>
</tr>
<tr>
<td>26</td>
<td>Michelle Calder (R)</td>
<td>House, Pos. 2</td>
</tr>
<tr>
<td>27</td>
<td>Yasmin Trudeau (D)</td>
<td>Senate</td>
</tr>
<tr>
<td>27</td>
<td>Laurie Jinkins (D)</td>
<td>House, Pos. 1</td>
</tr>
<tr>
<td>27</td>
<td>Jake Fey (D)</td>
<td>House, Pos. 2</td>
</tr>
<tr>
<td>28</td>
<td>Mari Leavitt (D)</td>
<td>House, Pos. 1</td>
</tr>
<tr>
<td>28</td>
<td>Dan Bronske (D)</td>
<td>House, Pos. 2</td>
</tr>
<tr>
<td>29</td>
<td>Steve Conway (D)</td>
<td>Senate</td>
</tr>
<tr>
<td>29</td>
<td>Melanie Morgan (D)</td>
<td>House, Pos. 1</td>
</tr>
<tr>
<td>29</td>
<td>Sharlett Mena (D)</td>
<td>House, Pos. 2</td>
</tr>
<tr>
<td>35</td>
<td>Drew MacEwen (R)</td>
<td>Senate</td>
</tr>
<tr>
<td>35</td>
<td>Dan Griffey (R)</td>
<td>House, Pos. 1</td>
</tr>
<tr>
<td>35</td>
<td>Sandy Kaiser (D)</td>
<td>House, Pos. 2</td>
</tr>
</tbody>
</table>

### EAST REGIONS 5 and 6
E5: Kittitas Co., Yakima Co., Columbia Gorge  

<table>
<thead>
<tr>
<th>District</th>
<th>Legislative Candidate</th>
<th>Position</th>
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<tbody>
<tr>
<td>12</td>
<td>Keith Goehner (R)</td>
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<tr>
<td>12</td>
<td>Mike Steele (R)</td>
<td>House, Pos. 2</td>
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<tr>
<td>13</td>
<td>Judy Warnick (R)</td>
<td>Senate</td>
</tr>
<tr>
<td>13</td>
<td>Tom Dent (R)</td>
<td>House, Pos. 1</td>
</tr>
<tr>
<td>13</td>
<td>Alex Ybarra (R)</td>
<td>House, Pos. 2</td>
</tr>
<tr>
<td>14</td>
<td>Chris Corry (R)</td>
<td>House, Pos. 1</td>
</tr>
<tr>
<td>14</td>
<td>Gina Mosbrucker (R)</td>
<td>House, Pos. 2</td>
</tr>
<tr>
<td>15</td>
<td>Bruce Chandler (R)</td>
<td>House, Pos. 1</td>
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### SOUTHWEST REGION 4
Grays Harbor/Pacific, Lewis Co., Lower Columbia, Thurston Co., SW Washington (Vancouver)

<table>
<thead>
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<th>District</th>
<th>Legislative Candidate</th>
<th>Position</th>
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<td>17</td>
<td>Terri Niles (D)</td>
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</tr>
<tr>
<td>17</td>
<td>Paul Harris (R)</td>
<td>House, Pos. 2</td>
</tr>
<tr>
<td>18</td>
<td>John Zingale (D)</td>
<td>House, Pos. 1</td>
</tr>
<tr>
<td>18</td>
<td>Duncan Camacho (D)</td>
<td>House, Pos. 2</td>
</tr>
<tr>
<td>20</td>
<td>Peter Abbarno (R)</td>
<td>House, Pos. 1</td>
</tr>
<tr>
<td>20</td>
<td>Ed Orcutt (R)</td>
<td>House, Pos. 2</td>
</tr>
<tr>
<td>22</td>
<td>Jessica Bateman (D)</td>
<td>House, Pos. 2</td>
</tr>
<tr>
<td>49</td>
<td>Sharon Wylie (D)</td>
<td>House, Pos. 1</td>
</tr>
<tr>
<td>49</td>
<td>Monica Stonier (D)</td>
<td>House, Pos. 2</td>
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### EAST REGION 7
Pend Orielle Co., Spokane Area, Whitman Co.

<table>
<thead>
<tr>
<th>District</th>
<th>Legislative Candidate</th>
<th>Position</th>
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<tbody>
<tr>
<td>3</td>
<td>Marcus Riccelli (D)</td>
<td>House, Pos. 1</td>
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<tr>
<td>3</td>
<td>Timm Ormsby (D)</td>
<td>House, Pos. 2</td>
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<tr>
<td>6</td>
<td>Jeff Holy (R)</td>
<td>Senate</td>
</tr>
<tr>
<td>6</td>
<td>Mike Volz (R)</td>
<td>House, Pos. 1</td>
</tr>
<tr>
<td>7</td>
<td>Shelly Short (R)</td>
<td>Senate</td>
</tr>
<tr>
<td>7</td>
<td>Jacqueline Maycumber (R)</td>
<td>House, Pos. 1</td>
</tr>
<tr>
<td>7</td>
<td>Joel Kretz (R)</td>
<td>House, Pos. 2</td>
</tr>
<tr>
<td>9</td>
<td>Mary Dye (R)</td>
<td>House, Pos. 1</td>
</tr>
<tr>
<td>9</td>
<td>Joe Schmick (R)</td>
<td>House, Pos. 2</td>
</tr>
</tbody>
</table>

### EAST REGION 8
Asotin Co./Pomeroy, Benton/Franklin, Walla Walla/Columbia

<table>
<thead>
<tr>
<th>District</th>
<th>Legislative Candidate</th>
<th>Position</th>
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</thead>
<tbody>
<tr>
<td>8</td>
<td>Matt Boehnke (R)</td>
<td>Senate</td>
</tr>
<tr>
<td>16</td>
<td>Mark Klicker (R)</td>
<td>House, Pos. 1</td>
</tr>
<tr>
<td>16</td>
<td>Skyler Rude (R)</td>
<td>House, Pos. 2</td>
</tr>
</tbody>
</table>
Preparing for 2023 Legislative Session

by Peter Diedrick, legislative director

In the WSSRA legislative shop, we joke that election day is the slowest day of the year. It’s true though – candidates are campaigning and election results are not available until late at night. That said, it’s a calm day in a busy season. Your WSSRA legislative team is now busy preparing legislation for the 2023 Legislative Session and working with candidates who wish to be part of that session.

Plan 1 Update
The Select Committee on Pension Policy (SCPP), the body responsible for recommending pension system changes, has been busy reviewing Plan 1 COLA options. The diligent work being completed by the committee and State Actuary’s Office is appreciated. The September, October, and November SCPP meetings have Plan 1 COLA review on the agenda. WSSRA and the pension coalition is pushing the SCPP hard to recommend another Cost-of-Living Adjustment. If you want to make comments for the record, please email them to state.actuary@leg.wa.gov. SCPP meetings are held on the third Tuesday of each month at 10:00 a.m. and are broadcast on the TVW channel and online via tvw.org.

Election Update
WSSRA’s units have done a fantastic job introducing our organization to potential new legislators. Units have been hosting candidates and the WSSR-PAC had an extraordinarily busy summer working with candidates – particularly WSSRA’s legislative supporters running for re-election. Legislative work completed over the summer sets our organization up for success in the legislative session. When the session starts, those in power are already tuned in to retirees’ needs.

This was predicted to be a big turnover year – this column said as much in the last edition. However, the big swing did not materialize in the state’s August Primary Election. There were indeed many open seats due to legislative retirements and redistricting, but most challengers to incumbents had poor showings in the Primary. Advocacy organizations were preparing for a potential change in power from Democrats to Republicans in the State House of Representatives, but continuation of the status quo now looks more likely.

Retirement Funds Update
While we work at pursuing a legislative and political agenda, the Washington State Investment Board (WSIB) continues to dutifully invest your pension contributions. A few years ago, we reported that the WSIB had over $100 billion in retirement funds under management. That has grown to an eye watering $168.9 billion. The investment allocation has changed slightly, but remains similar to past years. What makes this fund unique are the allocations to private equity (venture capital), real estate (residential and commercial), and tangible assets (ownership of machinery and mining equipment). Your Plan 1, Plan 2, and Plan 3 Defined Benefit retirements are invested in the following asset mix (source: sib.wa.gov):

![WSIB Retirement Investments](chart)

Moving Towards 2023
The next edition of The Journal will present the organization’s 2023 Legislative Agenda. Before that date, please familiarize yourself with your candidates for state legislature – those are the people who will be making pension decisions for the next two years. The candidate endorsements on page 4-5 list legislative candidates with a track record of supporting retirees and pension issues. Thank you for being engaged. Your WSSRA legislative team will keep preparing for 2023 and will be in touch soon!
WSSR-PAC: Contributions Are Essential

by Louie Osmonovich, WSSR-PAC president

This has been a challenging year for WSSR-PAC and the WSSRA Legislative Committee. Lobbying by phone, postal mail, and meetings by Zoom was a different approach than the usual face-to-face method. Comments and suggestions brought forward by unit members and district PAC board members are always helpful and appreciated when determining which legislators to help with financial endorsements. Peter Diedrick, Alan Burke, Michael Moran, and Fred Yancey shared much valuable help and advice in our decision-making.

On behalf of the WSSR-PAC executive board, we appreciate and thank the coordinating councils, units, and individual member contributions, making this a successful endorsement procedure for 2022. Your financial contributions are essential for WSSR-PAC to function as a viable force in the political arena when lobbying legislators for retirement improvement issues.

The volunteer work done by WSSR-PAC Treasurer Lora Brabant, PAC Secretary Mary Wallon, and PAC Vice President Edith Ruby, made it possible for WSSR-PAC to complete the process of endorsements for the 2022 elections. Once again, your efforts are much appreciated.

One way the PAC receives contributions is from low-cost fundraisers (LCFR) held during many coordinating councils and unit meetings. Recently, we’ve run into a challenge with how those funds are sent to the PAC. If your coordinating council or unit holds a low-cost fundraiser, please be sure to use the correct form, so that the contribution doesn’t have to be sent back. The LCFR form is posted on the PAC website, wssr-pac.org and click on the “contribute” link. Another option is to request the form from the PAC treasurer, Lora Brabant (ph: 360-670-5183).

Support the WSSR-PAC — Contribute Today!

Contributor Name and Spouse (if applicable):

Address:
City, State, Zip:

Unit #/Name:

In memory of (if any):

I certify that this contribution is not organized under the laws of and does not have its principal place of business in a foreign county. This contribution is not financed in any part by a foreign national, and foreign nationals were not involved in making decision regarding the contribution in any way.

Signature:

Can we publish your name on the WSSR-PAC Wall of Support list? □ Yes □ No

Mail Form & Contribution to:
WSSR-PAC
125 West 11th Street
Port Angeles, WA 98362
WSSR-PAC.ORG
2022 WSSRA Convention

September 12 – 14, 2022 in Grand Mound at the Great Wolf Lodge

Finally! After a few difficult COVID-years, WSSRA members gathered in-person at the Great Wolf Lodge in Grand Mound September 12–14 for the 75th Anniversary WSSRA Convention. The 190 attendees enjoyed keynote speakers, breakout sessions, banquets, luncheons, and more throughout the first in-person convention since 2019. The programs and social events provided long overdue opportunities to renew old friendships as well as establish new relationships. Attendees enthusiastically embraced the events and are ready to take that enthusiasm and knowledge gained back to their units.

Keynote Chris Reykdal (pictured left) kicked off the convention. He informed attendees of new ways of supporting students in preschool as well as post high school. His energy and enthusiasm were appreciated.

Keynote Mary Kae Repp (pictured right), Genesis Marketing (Spokane), encouraged volunteerism, which benefits the recipient and the volunteer. She strongly encouraged attendees to reconnect with local schools to assist kids and teachers in catching up after the last few years.

Health Care Authority leaders David Iseminger and Ellen Wolfhagen briefed members on the 2023 cost increases in the Uniform Medical Plan-Classic Medicare supplement, and offered comparisons between UMP-Classic and other PEBB options. (See the WSSRA website under “Webinars” for a recording of an August 22 webinar on the same subject, which is posted along with an updated PowerPoint slide deck from the convention presentation.)

In addition to the keynotes, attendees were provided five breakout sessions, organizational awards and scholarship recognition banquets, and the passing of the gavel from outgoing President Bruce Boyer (pictured left with Alan Burke and Patricia Boyer) to incoming President Brad Beal (pictured right). The Foundation out-did themselves with a basket for every year of our existence!

Thanks to President Boyer and the SW-3/SW-4 Conference Planning Committee for a job well done. The Great Wolf convention was WSSRA’s first west-side event in nine years, housed at a facility that worked very well for a group of the association’s size. With positive evaluations and a successful convention, WSSRA hopes to add a semi-permanent west-side venue to the traditional sequence of conventions in Pasco, Wenatchee, and Yakima.

And speaking of Pasco, we’ll see you June 5–7, 2023 for the 76th annual WSSRA convention!

(above) Past President Bob Duke installing the new 2022-23 WSSRA executive board members.
(right) WSSRA’s 2022-23 Executive Board
2022 WSSRA Convention

Patrick T. Hoban Meritorious Award

The Patrick T. Hoban Meritorious Award is presented to a member of WSSRA who volunteered their time for fulfillment of WSSRA goals, achieved beyond the norm in the performance and charged responsibilities of their duties, and have inspired and encouraged fellow members in achieving WSSRA goals.

Susan Hickok
Unit 4 Columbia Basin

Some things are immediately noticeable when meeting Susan - her smile, sense of humor, and welcoming words. Susan joined Unit 4 in 2011 and immediately got involved. She and two retiree friends, including Wanda Harrison, became instrumental in reviving Unit 4. Susan helped increase membership from fifty to four hundred. She has held every position in Unit 4 and many at the state WSSRA level. For many of those years, she has taken on two or more positions. Whatever she takes on, she has done it with grace and high standards.

Stan McNaughton Outreach Award

The Stan McNaughton Outreach Award is presented to a WSSRA member who volunteers their time beyond the goals of WSSRA to enhance the lives of community members and has improved the quality of life in their community, and in doing so has improved the image of WSSRA.

Kathy Reim
Unit 21 Skagit-Island-San Juan

Kathy is active in WSSRA and Unit 21. Before retiring, she spent over 30 years teaching English in middle and high schools. Now, Kathy mentors future English teachers and works with the League of Women Voters. That work has led to a partnership between Unit 21 and the League in holding legislative candidate forums before important elections. Kathy has served as president of the local PFLAG chapter and on the board of directors for the national organization - PFLAG is the nation’s largest organization dedicated to supporting, educating, and advocating for LGBTQ+ people.

2022 Hoban Meritorious Award Nominees

Billi Kraft (2), Robin Sweeney (3), Susan Hickok (4), Shirlee Jellum (10), Joan Morgenstern (19), Sue Battin (20), Tim Knopf (21), Dixie Eggleston (25), Laurel Powell (27), Ann Chenhall (28), Dottie Stevens (29)

2022 McNaughton Outreach Award Nominees

Debra Lacy (2), Larry Sweeney (3), Wanda Harrison (4), Susan Lovrin (10), Melodi Keyes (19), Roxanne Trees (20), Kathy Reim (21), Pauline Eggleston (25), Barbara Church (27), Pat Slosson (28), Janice Fraley (29)

Award Nominees:
Debra Lacy, Dixie Eggleston, Billi Kraft, Sue Battin, Susan Hickok, Dottie Stevens, Joan Morgenstern, Pauline Eggleston, Barbara Church
2022 WSSRA Convention

President’s Award — 2021-22

Tim Knopf
Unit 21 Skagit-Island-San Juan

Presented by Bruce Boyer, WSSRA President, 2021-22

Tim Knopf has been an active member of the WSSRA Legislative Committee for 11 years and is a member of the PAC. In the NW-1 District this past year he took the lead and contacted and scheduled Zoom meetings for all of the state representatives and senators in Whatcom, Skagit, Island, San Juan, and Snohomish counties. He then took an active part in each of these meetings during the past legislative session. His efforts were above and beyond his “normal” role as a legislative committee member.

Together Again
Sit Less and Move More — Let's Get Walking

by Jody Freeman, state health committee

A major study from the National Institute of Health showed that when it comes to walking, more is more for older adults. Specifically, the more steps those over 40 took, the lower their mortality risk from all causes. What surprised the researchers? How low-intensity strolls appeared to have the same benefits as higher-intensity power walks for the nearly 5,000 participants.

Adjusting for factors such as existing health conditions, researchers found that taking 8,000 steps a day, compared with 4,000 steps was associated with 51% lower for all causes of mortality. Even better, taking 12,000 steps a day was linked to 65% lower risk compared with 4,000 steps.

When researchers from the Centers of Disease Control (CDC) compared the numbers between step intensity and risk of death, they found no link. The study is one of a number showing the major benefits of simply moving more throughout the day, even without anything that resembles a moderate intensity workout.

If fear of injury or re-injury is holding you back, the new federal exercise guidelines are very clear that participating in physical activity reduces your risk of falls. Exercise improves balance. It also reduces the risk of injury if you do fall because being active increases your muscular health and your bone health. So it's a win.

Sorry weekend warriors – adding years to your life for every easy stroll around the block has it's pluses, but weekend warriors, proud of their ability to cram the government recommended 150 minutes a week for exercise into 48 hours may have to adjust their thinking. According to Libby Richards, an associate professor at the Purdue University School of Nursing, "Research reveals that skipping those 5 days between sessions can blunt the positive effects of those weekend workouts. If you're inactive for the rest of the week, then it actually is undoing the benefits you're getting from being active on the weekends." Further, she said, "Sedentary behavior is bad news all around," and "It's now linked with poor sleep, symptoms of depression, and reduced executive functions and cognitive ability in older adults. So if there's just one thing people could do, it would be to sit less and move more."

In 2008, the Department of Health and Human Services suggested that to reap the benefits of exercise, you had to do it in ten minute bouts. But in 2018, that thinking went out the window. Thanks to studies, including one published in the Journal of the American Heart Association, showing that walks of two minutes provided the same mortality-slaughtering benefits as those taken in ten minutes.

Experts came to the consensus that any amount of movement can count toward recommended totals.

This article was condensed from an article in AARP Healthy Living, written by Jessica Blatt Press. It comes from articles written by Libby Richards, an associate professor at the Purdue University School of Nursing.
Supporting Future Educators

WSSR Foundation: Thank You!

by Marianne Harvey, WSSR Foundation president

The Foundation extends a heartfelt thanks to all who have contributed to our philanthropic cause this year. Whether you donated at convention or sent funds, know your contributions have made it possible to extend increased financial support to those pursuing a career in education.

At convention, all attendees had a chance to reconnect with one another after a two-year absence. Those who attended convention really enjoyed receiving the many baskets donated by the units as well as bidding on the silent auction items. If you were unable to come, it is not too late to contribute. Remember, WSSR-Foundation is a 501(c)(3), so your donation is tax-deductible.

The collaborative work of the Foundation with the Scholarship Committee has resulted in revised applications, which are available online for ease of access by students interested in applying. During the leadership workshop at convention, units were instructed about the new applications. They were asked to communicate the information to their units. Additional instructions will be forthcoming at a meeting in November.

This year, the group will continue to explore the best ways to market current scholarships. They will also explore the possibility of increasing scholarship amounts or increasing the number of awards given. The Foundation thanks the local units and coordinating councils for all you do to assist us with this most important philanthropic endeavor. Keep up the good work and continue to establish even better local connections.

DONATION FORM
WASHINGTON STATE SCHOOL RETIREE'S FOUNDATION
PO Box 5127, Lacey, WA 98509

Please Print

Donor Name ________________________________ Phone ________________________________

Mailing Address ________________________________ City __________ St ______ Zip ________

Donation $________ In Honor $________ In Memory $________

Note: If you would like the person notified of this gift, you must include their full name and address below.

☐ In Honor  ☐ Memorial  $________

Name ________________________________

Person to be Notified ________________________________

Address ________________________________

City __________ State ______ Zip ________

☐ In Honor  ☐ Memorial  $________

Name ________________________________

Person to be Notified ________________________________

Address ________________________________

City __________ State ______ Zip ________

Please check box if you would like to receive a receipt for your records.

☐ The WSSR-Foundation is a 501(c)(3) and donations are tax deductible within the limits of the law.

ONLINE FOUNDATION DONATION
wssra.org  Foundation link > Donation Form
Convention Baskets

- Sally Jones, Unit 28
- Noel & Jane McRae, Unit 12
- Tina Underdahl, Unit 19

- Foundation Board Members Kay Andersen, Ann Chenhall, Ron Crawford
- Karen Chapman, Unit 27
- Jim Hunt, Unit 8

Pre-Retirement Webinars

October 18, 4:30 pm
via Zoom

October 27, 4:30 pm
via Zoom

The WSSRA-sponsored fall series of pre-retirement webinars are set for Tuesday, October 18 (DRS and HCA/PEBB) and Thursday, October 27 (Social Security, Medicare and Veba). These webinars, designed for active educators between one and five years of retirement, have been very popular additions to the series of WSSRA-sponsored Zoom events the past three years.

Please pass the word to those in your circle who are contemplating leaving the K-12 world, and would benefit from hearing the basics of retirement planning from agency leaders in pension, health care, Social Security/Medicare and Veba organizations.

Registration information is posted on the WSSRA website, and was emailed to all WSSRA members currently employed in K-12 schools.

Register at WSSRA.ORG, webinars

Foundation Contributors

Sharon Dennis - donation
Karen Keller - in memory of Brenda Johnson
Nancy Kleinschmidt - donation
Marnice Mias-Culpepper - donation
Anita Miller - in memory of Glade Miller
Joyce Miller - in memory of Steven Keller
Nancy Polich - donation
Gary Radliff - in memory of Orin Fjeven
Kathleen Reim - donation-pension reform
Gene & Carol Sharratt - in memory of Howard Cook and Gregory Kirsch
Mona Stacy - in memory of L. Donovan Stacy
Chelan/Douglas SRA - in memory of Doris Rogers, Flora Lehman, Wanda Stallings

Renton/South King RSEA - in memory of Don Rifenbery, Patricia O'Connell
Skagit-Island-San Juan REA - in memory of Katherine Mottola, Louise Reuble, Mary Armstrong, Wayne King
Southwest King SRA - in memory of Bert Williams, Carolyn Chase, Elizabeth Bekkevold, Hugh Albrecht, Judith Neumann, June Schumacher, Larue Adams, Leland Boulet, Lillian Houston, Lois Mogren, Lois Wilson, Margaret Squires, Robert Brannian, Shirley Harader, Sylvia Bender, W. P. Rudberg
Spokane Area REA - in memory of deceased members
Whatcom Co. SRA - in memory of unit deceased members
WSSRA - donation
Growing Membership

by Don Parks, state membership committee chair

After over two years of challenges due to COVID, we are now, here in the fall of 2022, in a "not bad" position in terms of our membership levels in most local units. The school districts have mostly resumed their daily schedules and activities but are continuing to deal with the mental health and attendance issues related to the upheaval of the past two to three years.

Currently, our membership stands at 17,133. That is down slightly from July, and down about 300 from a year ago. My impression is that we are holding steady considering the situation. We have 3,676 actives and with the resumption of school, that number should recover to some degree. We experienced 39 deceased in June and those folks will be missed.

Our local units are striving to return to traditional activities with more in-person meetings and events. Although some are apprehensive about meeting in person, which is a valid concern, several units have experienced 50% to 75% in-person attendance. Hats off to those working hard to make these meetings and events happen as we get back to some semblance of normalcy.

The school districts are resuming their benefits fairs and hosting a table is a good way to connect with actives about membership and answer general retirement questions. At a benefits fair in August, I personally signed up three new members. Benefits fairs typically happen in late summer and early fall.

Scheduling to give membership presentations during school building staff meetings is valuable. Many building principals will provide ten minutes on their agenda. This is a golden opportunity to promote our mini-grants, scholarships, and to hear any questions by staff members.

Let's have a productive, "growing" fall season.

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**WSSRA MEMBERSHIP ENROLLMENT FORM**

Do you know a school retiree who should be a member? Clip this form and ask them to complete and return the form today!

**DUES DEDUCTION AUTHORIZATION FORM**

WASHINGTON STATE RETIREES' ASSOCIATION

PO BOX 5127, LACEY, WA 98509

Please Print

Name __________________________ Phone __________________________

Mailing Address __________________________ City ______ St ______ Zip ______

SS Number ______ Home/Personal Email Address __________________________

Retirement Plan (CIRCLE) TRS1 TRS2 TRS3 PERS1 PERS2 PERS3 SERS2 SERS3

Name of WSSRA Unit (or school district last employed) __________________________

I authorize the Washington State Department of Retirement Systems to deduct the following dues and any future increases as voted by the membership, from my monthly retirement allowance and to pay such deduction to the Washington State School Retirees’ Association.

Should I wish to cancel ensuing deductions I will send a written notification of cancellation to Washington State Department of Retirement Systems and WSSRA.

**DUES DEDUCTION: $7 per month or CASH DUES: $84 per year**

Date __________________________

Contact WSSRA for membership information: Michele Hunter, michele@wssra.org or 360-413-5496, ext 116
**What's happening in...**

**From the Coordinating Councils and Local Units**

Board members were encouraged about being able to get into some of the schools this fall. Unit board member, Bill DeHon, has a valuable program with important information for actives. It will also be a great opportunity to begin to rebuild the unit's active membership again.

Co-Presidents Diane Visten and Barbara Robinson attended the September 2022 WSSRA convention. Unit 21 members celebrated fellow member Bruce Boyer's final act as WSSRA state president for 2021-22. Members attended informative workshops getting important information to bring back to local members.

**Unit 23 Sno-King:**
Dick Gourley was inducted into the Edmonds School District Living Legends. This award is given to people who have made a significant impact in the field of education. Dick was a teacher, administrator, and worked at the athletic stadium. He continues to support students through scholarships and attendance at sports' events.

Mid-July saw a great annual picnic with catered box lunches. Several unit grant awardees attended and told how they used the grants in their classrooms. WSSRA Executive Director Alan Burke attended and installed officers for this coming year. The SKSR board met face-to-face in early August to plan for the upcoming year having the same types of activities held before COVID.

**Unit 22 Sno-Isle:**
A Victorian Tea courtesy of The Travelling Tea Bags was the kickoff event for Unit 22 Sno-Isle. Guests enjoyed all the goodies one would find in Victoria but at a much lower cost and of course, they enjoyed good conversations.

This year, Unit 22 Sno-Isle will continue to award scholarships to students planning to enter education. The board voted a few years ago to make the scholarships renewable as long as certain criteria were met. With this year’s scholarship, Sno-Isle will be supporting four students with $2,500 renewable scholarships.

As in past years, school employees who are members can apply for $400 stipends for projects that benefit students.

**Unit 32 Whatcom Co.:**
The WCSSR board held their first board meeting of the year on August 5, 2022. Plans were discussed on how to proceed for the upcoming year. As the convention was held in September, it was decided to hold the first general meeting of the year in October. The board met on September 23 to decide on a topic and whether
to hold the meeting via Zoom or in person.

Former WSSRA President Dick Anderson and Secretary Eileen Wascisin attended the 75th anniversary celebration held during the convention, September 11-14. The President’s reception was held on Sunday evening with the WSSRA executive board meeting Monday morning. Next year, it is hoped that more members will attend in person at the Red Lion Hotel in Pasco.

**NORTHWEST-2**

**Unit 6 Southwest King:** Unit 6 is looking to award scholarships to student teaching candidates or college students majoring in education.

The unit began mini-grants for school employees in Vashon, Highline, and Federal Way school districts.

The unit newsletter will be mailed to members just before the state legislature begins its session in January 2023.

**Unit 21 Skagit-Island-San Juan:** A recent unit board meeting, with a wonderful view of the sound from the Visten’s home, included Bill DeHon, Pat and Bruce Boyer, Dick and Diane Visten, and Joyce Moon.

**Unit 16 East King:** East-King’s summer picnic in August at Juanita Beach Park worked out very well largely thanks to Pat Jovag and her careful planning and hard work! Members were treated to tasty sandwiches, a lovely setting, lively conversation, and an interesting speaker. Senator Manka Dhingra, of the 45th Legislative District, was asked to talk about how she got into politics and then answer questions. Her listeners were intrigued by her story and impressed by what she was working to accomplish in our state senate.

East-King’s executive board is sending a survey and requesting that they answer questions pertaining to in-person gatherings and a number of possible presentations. Board members will use survey results to plan luncheons and speakers for the year.

At the September executive board meeting, in anticipation of a large number of needs and applications, the board voted to match the grant fund set up last year. A decision was also made to include Peter Diedrich’s “Bits and Pieces” article in the next newsletter, along with news from unit delegates to the convention.

**Unit 19 Renton/South King:** On August 23, 2022, the executive board of Renton/South King had a planning meeting at Holden Retirement and Memory Center. At this meeting, the board proposed changing Renton/South King Retired School Employees Association name to Southeast King School Retirees Association. The area served would encompass the school districts: Auburn, Enumclaw, Kent, Renton, and Tahoma.

In 2022-23, Unit 19 plans to give mini-grants and scholarships to students and teachers in the Tahoma School District. Also, decorative tea bag hol-
ers with Red Rose tea will be given to schools throughout the Tahoma School District.

Eleven members of Renton/South King attended the WSSRA convention on September 12-14 in Grand Mound at the Great Wolf Lodge. The members were Rachel Almeleh, Judy Dotson, Patty Goodspeed, Karen Jones, Joan Morgenstern, Susanne Perez, Barbara Purdom, Eleanor Raschow, Robin Stroben, Tina Underdahl, and Linda Van Nest. All the attendees found this WSSRA convention very informative and interesting.

October 4, 2022, Unit 19 members had a meeting at Holden Retirement and Memory Center. The speaker was Mayumi Tsutakawa who has written about her Japanese mother. The book, Beautiful Iris - A Kibei Woman's Story. All the members were enthralled by her story.

The next membership meeting will be on November 1, 2022. Speaker Jeanie McKay will have a Zoom presentation, “Octane for the Brain,” about brain research and healthy living.

On December 5, 2022, Unit 19 has planned a sing-a-long for the members at the Holden Retirement and Memory Center. Cheryl McBride, a well-known singer in the Seattle area, will lead the singing.

**Unit 20 Seattle:**
Patricia MacGowan, SSRA’s Scholarship Committee Chair, has accepted applications for the unit’s Teacher Internship Scholarship Program. The six winners for the 2022-23 school year were announced by the end of September. The unit also offers four scholarships for Seattle high school graduates planning to attend college and eventually work in education. Those scholarships were awarded in July.

**Unit 23 Sno-King:** Shoreline School District Superintendent Susanna Reyes (right) presented Elementary Educator of the Year award to Kathryn Pihl, 1st grade teacher at Echo Lake Elementary School and Educational Specialist of the Year award to Jaime Attencio, Dean of Students at Echo Lake Elementary School.

**Unit 8 Kitsap County:**
The unit finished this year with a luncheon at Trophy Lake Golf Course. The weather was beautiful and the food delicious. A good time was had by all who attended.

The unit hopes to continue building attendance at unit luncheons in the coming year. The unit is working with the Bainbridge School District on $400 mini-grants for their teachers and staff. In addition, the unit is offering two $2,000 per year scholarships for students pursuing a career in education. Unit members are also continuing their project to give books to the preschools and schools in the area. Members are participating with the WSSRA Legislative Com-
mittee and planning to make a trip to Olympia to support retirement and health benefits.

**Unit 14 Mason County:**
Mason County is happy to meet in person at El Puerto de Angeles Restaurant in Shelton. Lunch meetings are preferred. Those unable to get to Shelton or get out at all are able to join by Zoom.

The July 5 meeting included Bonnie Rice's presentation of the 11th project report, which was funded later than the others. Again, members were impressed with the quality of the project. There were two guest speakers: Jamie Taylor, Mason County Coroner, and James DeHart, candidate for state representative. James is concerned about middle and low-income families earning a living income and the higher percentage of taxes they pay. He supports a permanent COLA for all state retirees tied to inflation. Jamie is concerned about the growing number of drug overdoses, mostly from Fentanyl, and teen suicides. She was looking for ways to connect with the schools and arrange to speak to groups of students. The attendees gave her several suggestions.

The August 2 meeting had two guest speakers on Zoom who spoke of the plight of the bilingual program at Evergreen Elementary in the Shelton School District. Ellen Sanchez and Aide Villalobos were representing a group of teachers, parents, and citizens who were concerned about cuts to the successful program, which had been a model for the state and graduated many successful students. The members agreed to assist them as they could.

The September 6 meeting had two guest speakers: Sandra Kaiser, candidate for state representative, and Drew MacEwen, candidate for state senator. Both are supportive of automatic COLAs for all state retirees tied to the inflation rate, and affordable health care.

Four unit members attended the WSSRA convention in September. Tedd and Peg Davis and Eileen Perfretten attended the three days. Reva Fowler attended Tuesday afternoon. The unit donated a gift basket of local delicacies gathered by Tedd and Peg, and wine donated by Eileen. Tedd and Eileen volunteered to check in members and take meal tickets.

**Unit 27 Pierce County:**
Unit 27 has hit the ground running this year. The first in person event since COVID was the unit picnic on August 4 at Clark's Creek Park in Puyallup. It was rewarding to meet in person again. The potluck was attended by 21 members. The picnic was rich with conversation and smiling faces.

The unit continues to conduct board meetings virtually. Meetings were held in August and September. All except one board position is filled.

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**Join the WSSRA Email List**

Now, more than ever, technology has become a critical way to connect with people and stay informed.

Email is a simple, quick, and inexpensive way for WSSRA to connect with members.

**Join the email list in 3 easy steps:**
1. **WSSRA.org**
2. **Scroll to bottom of the page**
3. **Join Our Email List**

**Connect and Stay Informed...**
- Legislative updates
- Zoom events
- Unit happenings
- and, more!

WSSRA does not share email addresses outside the association.
Unit 27 Pierce County: Several unit members gathered in August for the unit’s annual picnic in Puyallup.

SOUTHWEST-4

Unit 28 Thurston County: President Sue Shannon led the unit’s first board meeting of the year in August. Topics of discussion included increasing membership, participating in a variety of community service projects, and encouraging more high school students to apply for WSSR Foundation scholarships.

Zoom has kept everyone connected, but it was great fun to see each other in September. Twenty members attended the convention ready to reconnect, learn from the amazing keynote speakers, participate in the WSSR Foundation silent auction, and, of course, win a basket or two. The September member picnic, the unit’s first in-person gathering since March 2020, was a great opportunity to share and connect.

The special guest at the October luncheon will be Washington State 2022 Teacher of the Year Jerad Koepp (Wukchumni). Jerad is North Thurston Public Schools’ Native Student Program Specialist, providing academic and cultural support to over 200 Native American students from over 50 tribes, nations, bands, and villages. Sue Shannon, Vicki Carter, Nancy Peebles, and Bobbie Andreas are to be congratulated for the excellent variety of programs they arranged for each of this year’s monthly luncheons.

This year, the unit will be meeting, October through May, at Embers Restaurant located at the Indian Summer Golf and Country Club.

Mini-grant applications are “live” on the unit website. Nancy Zabel and Patti Colombino are leading the elementary team while Karen Keller heads the secondary group.

EAST-5

Unit 9 Kittitas Co.: As a follow-up to the very successful May gathering, a return to tradition was planned. Doug Murphy again barbecued hamburgers to accompany salads for the September 20 general meeting at Rosewood. The speaker was from the local FISH (Friends in Service to Humanity) organization. Kittitas County people are already aware of the good this group has achieved and this is an opportunity to hear more about their goals.

On October 18, there will be a general meeting in the “upper county” at the Putnam Senior Center at noon with lunch served by their staff. WSSRA Executive Director, Alan Burke, will share insights about the dilemma facing members who have been with Uniform Medical for any length of time. There may be a person from AMBA as well.

The unit’s first in-person meeting was September 22 at the La Quinta Inn in Tacoma. Over 40 members registered to attend. The program was presented by Jon Douglas Rake, founder and managing artistic director of the Tacoma Musical Theater. Jon has produced, directed, choreographed, or acted in over 250 musical theater productions. Unit meetings are filled with laughter, communication, and the high regard that members hold for each other.

Unit meetings will continue to be in person at the La Quinta Inn in Tacoma. The unit’s wonderful program chair, Karen Chapman, has programs in place for the rest of the meetings during this year.

Unit 27 had 19 members attend the WSSRA convention at the Great Wolf Lodge. Wally and Cynthia Endicott conducted a social hour event. The activity was one for which each member contributed thoughts about the direction of the unit. Unit 27 attendees enjoyed the venue, spending time with each other and fellow WSSRA members, the WSSRA staff and leadership.

The unit’s annual Meet and Greet with Legislative Candidates will be in person at La Quinta Inn in Tacoma on October 13. This is the first Meet and Greet since COVID. Past Unit Co-Presidents Diane Blair and Laurel Powell organized the event. The League of Women’s Voters also assists. Members anticipate a positive response from all legislative candidates from Pierce County.

Thanks to the unit board members for their commitment to each other and to the unit. As Buzz Light year would say about Unit 27, “To infinity and beyond!”
A November 15 meeting is scheduled again at Rosewood. More plans will be developed when the executive board meets again later in the fall.

**EAST-6**

**Unit 2 Chelan-Douglas:** At the summer CDSRA board meeting, the 2022-23 budget was discussed. After input from several sources, it was decided to increase the mini-grant amount to $250 and offer two maxi-grants of $500. It was also decided to have four general membership meetings and change the meeting place. Instead of having a unit president, two board members will oversee each meeting program and arrangements. These changes will be evaluated next summer. Thirteen delegates attended the state convention in September.

In August, a group of unit members attended the North Central ESD’s STEM summit. CDSRA not only helped sponsor the summit, but also went to the summit each day to talk about WSSRA and encourage educators from three different units to join. The unit’s “Win Wine” promotion was a big hit! (Wine was donated.) This was a very worthwhile activity.

**Kriss Crilly, Denise Perkins, Mary King, and Mary Perkins** worked at the CDSRA booth at the North Central ESD’s STEM Summit.

**Unit 4 Columbia Basin:** Nineteen members of Columbia Basin Unit 4 recently attended a memorial service for their friend and colleague, **Wanda Harrison,** who passed away after a long battle with cancer. She was one of four retirees who revitalized CBSRA, resulting in the current roster of over four hundred members, both retired and active. **Wanda** was perhaps best known for the creation of YSC (Youth-Senior Connection), an after-school tutoring program that pairs students with senior citizens. She held the office of Unit 4 president and co-president for several years. In addition, she served on countless committees, attended many coordinating council meetings and enjoyed going to WSSRA state conventions. **Wanda** was tireless in her promotion of CBSRA, as evidenced by her many visits to schools and benefit fairs, where she enrolled new members with every visit. She was an inspiration to others, always started meetings with a funny joke, and has left some mighty big shoes to fill.

**Susan Hickok** recently hosted a work party at her home where members assembled packets for the Books for Babies program. Those in attendance were **Louis Logan,** **Pat Simmons,** Co-Presidents **Lanita Pomeroy,** and **Helen Preston,** in addition to Susan. The group assembled four hundred book bags to be given to the families of newborns at local hospitals.

The 2022 Hallelujah Luncheon was held on Wednesday, August 31, at the Dick Deane Family Historic Shelter at the Japanese Gardens in Moses Lake. Those in attendance were Co-Presidents **Lanita Pomeroy** and **Helen Preston,** **Shirley Vincent,** **Bill** and **Glenda Anderson,** Gayle Talbot and **Karen Schafer.** **Lanita** spoke to the group about safety concerns along
State Highway 17, which runs through Grant County. She encouraged members to contact their state legislators to share their own concerns.

Unit 15 Okanogan:
Unit 15 members met face-to-face for the first time in a long time on September 30. After losing its Okanogan meeting venue, members gathered to give committee reports and updates at El Torito Bar and Grill in Omak.

Carol Payne, grants chair, reported the grant application went out in the unit’s September newsletter. The application also appears on the unit’s website.

Penny Garrison reported working with the unit’s webmaster on the website’s updates.

The Scholarship Trustee Board, Richard Johnson, Donna Sanford, and Dee Blank together with Treasurer Penny Garrison reported after meeting with Edward Jones representatives this year’s scholarship to be awarded in May will be $1,500. The grant is available to college students of at least junior standing who are working toward initial certification in an educational field. Applicants should have graduated from a Unit 15 area high school. The grant application is also available on the unit’s website. Barbara Christensen and Sibyl Wehmeyer work with scholarships.

Mary Johnson and committee are at work awarding community service monies.

Plans were made at this September meeting for attendance at the October 12 E5/E6 coordinating council meeting at the Wenatchee Golf and Country Club.

EAST-7

Unit 25 Spokane Area:
A huge shout-out to Marilyn Richards for hosting a fabulous luncheon in her beautiful backyard for the SAREA board members on August 24 and a big thank you to Kathy Beal for the delicious salads. It was so much fun getting together again. It has been way too long and the chirping of a wide variety of birds that reside in Marilyn's backyard made it perfect. The unit is bringing back its holiday luncheon - save the date - Wednesday, December 14. Watch for details in the next unit newsletter.

The unit's next general meeting will be Wednesday, October 19 at 10 am via Zoom. The featured topic will be "supplemental health insurance."

Sue Weber will speak about the choices being offered for Supplemental Insurance, including the latest information about Uniform. She will take questions following her presentation. This will be very informative and helpful when making important decisions this November. Please invite friends and relatives to join the meeting.

Unit 33 Whitman Co.:
The busiest E-7 officer certainly must be Brad Beal, the new state president. Many unit members enjoyed summer and are preparing for fall.

Unit 33, Whitman County is quiet right now. The unit's longtime president, Alice Davis, has turned ninety, and her husband Rex is dealing with health challenges. Please keep them in your thoughts and prayers.

The convention delegates from Whitman County enjoyed attending the WSSRA state convention, in person, at the Great Wolf Lodge in Grand Mound. It was nice to visit with old friends and make new ones.

EAST-8

Unit 1 Clarkston/Asotin/Pomeroy: The unit is stepping outside the box to try to increase monthly attendance for unit gatherings. The new
Unit 1 Clarkston-Asotin-Pomeroy: Unit board meeting selfie with Unit President Kay Andersen, (back row, l to r) Treasurer Sheryl Andrews and Secretary Bonnie Hill and (front row, l to r) Pre-Retirement Chair Kathi Mesheshnek and Vice President Judie Hanley.

Ideas will be implemented over the next few months and will hopefully be successful.

The unit’s biggest project for this fall is the “Fall School Bash.” It will be held at the local brewery with snacks and soft drinks provided. The unit invited staff from all three school districts in the area and are hoping to recruit new members as well. Great prizes, donated by local merchants, will be given away at the event. The grand prize of $50 will hopefully bring some people in! (Who doesn’t want to win money, right?). One teacher mini-grant will also be given away that night. Fingers crossed for good attendance and a great time!

Programs for unit gatherings this year will include: energy medicine, local YWCA services, the new Culinary Arts program from Lewis Clark State College, a trip to the Pataha Mill in Pomeroy, a white elephant gift exchange at Christmas, and a presentation about identity theft and scams.

2022-23 is looking to be a great year in the Lewis-Clark Valley!

Unit 29 Benton-Franklin: Unit 29 met with over 60 members at the Welcome Back barbeque luncheon on August 22. Attendees enjoyed fellowship, discussed health insurance changes, and were entertained by Brian Swearingen. School supplies were collected for SHAKE (Seniors Helping All Kids Education).

In July, the hosted lunch for actives resulted in increased interest in mini-grants. Nine $300 grants were awarded by September 9. So much quicker than last year.

Baskets/backpacks were prepared for the Great Wolf Lodge convention and a “spa basket” for the silent auction was donated by member Jan Fraley. Eight members attended the convention.

Unit luncheon programs for this fall include:
- September — Legislative issues with WSSRA Legislative Director Peter Diedrick.
- October — Heather Shindehite, director of My Friends Place for homeless teens.
- November — Holiday celebration with entertainment from Mary Lou and Stevie, and the Salvation Army Toy Drive.

Current and future program information and news can be found on the unit webpage: bfrunit29.blogspot.com/ and in the newsletter.

Unit 31 Walla Walla-Columbia: Unit 31 members attended the Washington State School Retirees Association State convention at Great Wolf Lodge. They were Jim Davison, Kathy Pritcher, Paula Nichols, Joan Helm, and Sue DeRuwe.

Goody bags were assembled by current school retirees and distributed to active members (those members who are actively employed and are members of Walla Walla-Columbia School Retirees Association). The bags, containing cookies, candy and an application for one of the $200 mini-grants for the betterment of kids, were delivered to nineteen different locations in Unit 31.

Each year, WWCSRA provides thirty-two $200 mini-
grants to active members of the association throughout the region. In the fall and spring, active members in the outlying school districts of Dayton, Dixie, Columbia Burbank, Prescott, Touchet, and Waitsburg and in the city districts of College Place and Walla Walla are invited to submit project applications for the mini-grant drawings. Projects are intended to benefit students in a variety of ways (books for classrooms, special field trips, funds for sport activities, etc.). Eight names from each of the two districts (outlying district and city district) are drawn at the retired member luncheons in November and again in February. The recipients are presented with a check for $200. At the April luncheon, a presentation is given to retirees to inform them of how active members have used the mini-grant dollars.

For many years, Unit 31 hosted the Teddy Bear Tea. The event raised money for the unit’s scholarship fund (over $25,000 raised in a twelve-year span), was a treasured community event, and a service event hosted by school retirees. The Teddy Bear Tea was created and organized by Jackie Ormsby beginning in 2007. She was assisted by Harriet Michael and many Unit 31 members over the years. As the years passed, unit leaders found that additional members needed to step-up and become involved but filling the volunteer spots eventually became too challenging and the unit board decided to discontinue with the tea. Unit 31 board would like to thank Dee Aichele and Claudia Ford. They replaced Jackie and worked tirelessly over the past years to make the Teddy Bear Tea a successful event.

The *Journal* comes out five times each year. WSSRA’s longstanding practice is to send a copy of the *Journal* to every member. For those households with more than one member, multiple copies are sent to the same address - one for each member.

If this scenario applies to you and your spouse/roommate and you would prefer to receive only one copy per household, please contact WSSRA Membership Coordinator Michele Hunter, michele@wssra.org or 360-413-5496, ext. 116. She will make the changes to our mailing list.

**ADDRESS CHANGES**

Please Notify:
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Please Note: If your household receives more than one copy of the *Journal* in the mail each time, you can let Michele Hunter know if you prefer to receive just one copy per household.
Ask a friend to join us

<image of building>

Vision
WSSRA will provide leadership and promote action relevant to all retired and active school personnel.

Washington State School Retirees' Association
Dedicated to preserving, protecting and improving the benefits of educational retirees.

The mission of WSSRA is to:
• develop, propose and implement action that will benefit all school retirees.
• propose legislation and legislative action that will enhance school retirees' lives.
• provide the support necessary to strengthen local units of WSSRA.
• foster involvement by school retirees in educational and community activities and organizations.
• communicate to local units the activities and priorities of NRTA, AARP and other entities that affect retired school personnel.
• represent all present and future Washington state school retirees, both classified and certificated.

Don't delay – ask today

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