

HIGH VOLTAGE

"Hot-off-the-wire education news from SWKSRA"

A Unit of the Washington State School Retirees' Association

" Located in the heart of Puget Sound"



Southwest King County School Retirees' Association

Vol 1 Issue 3 January 2017

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Hot Off the Wire:

Meet Your New Unit Officers!

Immediate Past President Bill Tracy turned over the helm last spring to a new slate of officers. Bill's leadership skills provided a great role model for a group of 'newbies'.

Keitha Bryson President

Keitha taught in Highline for 36 years and retired in August of 2014. Retirement is just as busy as everyone tells you it will be. The most interesting volunteer jobs turn up randomly, which keeps you hopping. Highline Special Needs PTA – Legislative Chair, Marvista PTSA – Art Docent, Tyree Scott Freedom School – working with youth to undo racial injustice, The Quality of Work Life in Education team, and Delta Kappa Gamma – Excellence in Education Committee.

Washington State School Retirees Association has provided many opportunities for community engagement. The unit has spent time learning about services from Sound Generations, formerly known as King County Senior Services. In October unit presidents were invited to the Senior Citizens Annual Fall Conference. Retirement planning will be an ongoing project for Northwest II.

Karen Adlum 1st Vice President Grants Committee

Karen is also a retired Highline District teacher. In addition to serving as the 1st vice president Karen is also a member of the grant committee. Last year Nell Hepburn worked with Karen to develop online applications for mini grants. Applications were sent out to educators in Federal Way, Highline, Tukwila, and Vashon. Southwest King is one of the few units in the state who accepts grant applications from all staff members in education.

Karen's passion for public education is evident in her work in other areas. She is the WEA-Retired board delegate for the Rainier Uniserv Council, which represents educators from Highline, Renton, Highline College, and Bellevue College.

*“Good teachers know
how to bring out the best
in students.
Charles Kuralt*

UNIT OFFICIERS cont'd

Chris Odell
2nd Vice President
Grants Committee

Chris has been both a classroom teacher and a building administrator. In retirement she is working with the Federal Way School District to supervise student teachers preparing for certification.

PROGRAM REVIEW

Our October meeting featured Rufus Berry of Berry's BBQ Restaurant at 11614 Ambaum Blvd. SW., Burien, WA.

Berry's BBQ offers a heap of barbecue with a side of community

Seattle Times - May 18, 2012



Berry is a very interesting fellow and master of the BBQ. He spoke with us about his service in Vietnam, sharing some great anecdotes always shaped around the people he seems to connect with so easily. In addition, he mentioned a book written by a former Burien resident, Jack W. Burke. Jack was a PamAm pilot who rescued many of the women and children escaping from Vietnam. This was done at great personal risk. His book is titled *A Life Aloft*. He became a regular at Berry's until his death in 2013. In addition Berry told us about meeting a young man who drove race cars. They met at basic training and then flew to

Vietnam together. Berry later learned that his friend has been killed in Vietnam so he contacted the family to tell them about their friendship and in a sense they all become a family. He has become a steady visitor to his former comrades family where they embrace him as one of their own. The wonderful stories culminated in a wonderful lunch of Berry's BBQ pork.

We enjoyed our time with Berry and thank Bill Tracey for bringing him to us

KERRY LOHR GIVES US THE STORY ON TAI CHI



Our program last spring showcased our very own Kerry Lohr. Kerry is our fantastic secretary and she does an awesome job for us. Her hidden talent is that she is an experienced Tai Chi instructor. Kerry explained to us the benefits of this ancient art. We learned that tai chi is an excellent way to maintain strength as we age along with flexibility and balance. This improvement in balance can help us avoid the falls that can be so detrimental to seniors. After teaching us the benefits and demonstrating some activities Kerry had us stand and then practice some of the gentle moves of Tai Chi.

Everyone enjoyed the presentation and Kerry looked lovely in her traditional outfit. Thanks Kerry!

If you would like to update your directory information or have questions please contact Keitha Bryson.
email: ksbryson@q.com - home: (253) 528-0305 - cell: (205) 491-0804

Annual Grants

APPLICATION INFO COMING SOON!

Offering classroom grants to school staff is one way that SWKSRA advertises our organization.

We attend staff meetings in participating district schools to share our application process. That gives us an opening to also promote awareness of SWKSRA and recruit potential members. Our timeline this year will begin in Oct./November with district and school contacts. The window for application submission will be January 4-28. In February the applications will be reviewed and some selected. The final activities include delivering checks to the principals and certificates to the recipients in March/April. This service to schools and teachers also provides us with a positive opportunity to create awareness of our organization with potential members.

Here is a typical thank you response from a grant recipient last year:

"Thank you so much for the grant to purchase nonfiction materials for the Library. Our students love reading nonfiction, so I know the titles will be enjoyed by many students. I will e-mail or send pictures when the materials arrive. Thank you all for your generous donation."

Nell Hepburn, Chr. Grant Committee

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PROGRAM REVIEW cont'd

DONNA LARSON

As a child, Donna Larson enjoyed baking cookies with her mom. It is no surprise that this became her full-time career.

She had been making custom designed cakes for family members and friends for several years and they suggested she be a baker. They came up with the idea that she should open a bakery because she was so good at designing very unique cakes. This led to what is now known as "Stuffed Cakes".



Stuffed Cakes was started by a professional designer and full-time mama, Donna Lawson, when her love of making cakes for friends and family blossomed and she decided to share her passion with the world. Her number one goal is to make the yummiest cake you'll ever eat. Her custom designs will make you smile while her fun flavors will stuff your tummy. Donna is always looking for new ways to create new flavor combinations and add to her designs.

Stuffed Cakes is a custom bakeshop specializing in small cakes stuffed with flavor. They specialize in stuffing cakes with anything from caramel sauce to candies and fruit. They work with your theme and ideas to create the perfect cake. Don't know what theme or look you want? No problem, they can help you with that, too. Everything we make is custom which means that your happiness is their number #1 priority.

At first she concentrated on just making cakes while using the left over batter to make cupcakes. Being the accomplished person she is it wasn't long before she realized that people were looking for special filled cupcakes too and began to fill that need. About this time Donna applied to be on the "Cupcake Wars" show by submitting a tape. She really did not think she had a chance of being selected because her business was so new. But call her they did and off she went. When she arrived she realized that they wanted very tall cupcakes which were not her specialty. Donna did not let that stop her though. She completely enjoyed being on the show though she did not win, but was one of the 3 finalists. She would one day like to try again; but hasn't applied again.

After her presentation everyone got a chance to enjoy one of her delicious cupcakes.

Southwest King County School
Retirees Association
11514 21st Place SW
Seattle, WA 98146-1911

Visit our website at
www.southwestkingcountysra.org/
Meeting Information

Meetings are the 4th Monday
of the Month
11:30 – 1:30
Lunch is served at all meetings.

Prince of Peace Lutheran Church
19030 8th Ave S
SeaTac, WA 98146

April Meeting
Wesley Terrace
815 S. 216th Street
Des Moines, WA 98198

Save the Dates!
Southwest King Programs
Guests are welcome!
January 23rd – The Power of the Pen
February 27th – Sound Generations
March 27th – Dr. AnnRené Joseph
Meeting at Wesley Terrace

April 24th – Travel!
May 22nd – The Master Gardener

Guests are always welcome.

Please let us know if you will be bringing a guest so that we have enough food on hand for the noon meal.

“Early Childhood Education”

Early childhood education: one of the best investments our country

Long-Term Benefits of Early Childhood Education

Research shows that providing a high quality education for children before they turn five yields significant long-term benefits.

One well-known study, the HighScope Perry Preschool Study, found that individuals who were enrolled in a quality preschool program ultimately earned up to \$2,000 more per month than those who were not. Young people who were in preschool programs are more likely to graduate from high school, to own homes, and have longer marriages. **Cont’d**

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SEATTLE, WA
PERMIT #1445

Other studies, like The Abecedarian Project, show similar results. Children in quality preschool programs are less likely to repeat grades, need special education, or get into future trouble with the law.

Early childhood education makes good economic sense, as well. In Early Childhood Development: Economic Development with a High Public Return, a high-ranking Federal Reserve Bank official pegs its return on investment at 12 percent, after inflation.



“A good teacher can inspire hope, ignite the imagination, and instill a love of learning.”

Brad Henry