



The Bulletin



Volume LXXXI No. 3

The Seattle School Retirees' Association January-February 2026

News from SSRA President Julee Neuhart

SPRING MEETING, THURSDAY, MARCH 12th

Our next membership meeting will be held at Ivar's Salmon House again (address: 401 NE Northlake Way). Since we are moving to Thursday, they can accommodate for a lunch banquet.

The social hour starts at 10:30 with lunch served at 11:30 a.m. Our speaker will begin at 12:15 p.m. The speaker will speak for one hour and 15 minutes, including Q&A. We will adjourn at 1:30 p.m.

Lunch will again be \$20. NO CREDIT CARDS, PLEASE. We will accept cash and checks.

Once again, you will need to RSVP to Patricia MacGowan if you want to order a lunch. If you do not RSVP by the deadline we cannot guarantee you can get a lunch at our discount price. If you email Patricia or leave her a voice mail message, she will contact you to confirm your reservation and lunch choice. We have had a few "glitches" with people thinking they left a message for Patricia, but it was not received. If you do not hear from Patricia in 2 days, contact her again.

Contact Patricia by phone or text at 206-851-0232 or by email at CMACGOWAN@COMCAST.NET. THE DEADLINE TO REGISTER FOR LUNCH IS MONDAY MARCH 2ND.

You will again need to choose one of the 4 menu options and report your choice to Patricia.

1. IVAR'S WORLD-FAMOUS FISH AND CHIPS (SERVED WITH GREEN SALAD)
2. BLACKENED SALMON CAESAR SALAD (SERVED WITH CLAM CHOWDER)
3. ALASKA TRUE COD PICCATA (SERVED WITH GREEN SALAD)
4. VEGGIE BURGER (SERVED WITH GREEN SALAD)

Lunch will be served with coffee or tea. Brownies and cookies will be served for dessert.

EVERGREEN COLLEGE PROFESSOR TO SPEAK

Nancy Koppelman has been professor of American Studies at the Evergreen State College for over thirty years. She also works with the Academic Engagement Network, a nonprofit founded in 2015 by college chancellors and presidents dedicated to addressing antisemitism in higher education, as Faculty Consultant for Special Projects. In that role, she visits colleges and universities across the country, helping administrators and faculty to meet the current challenges of campus life.

Dr. Koppelman will give a talk entitled "Toward Our Shared Humanity: Understanding Antisemitism". In the spirit of our shared professional commitment to education we will learn about Jewish history, the nature of prejudices against Jews, and how to address antisemitism when it arises. There will be ample time for questions and discussion.

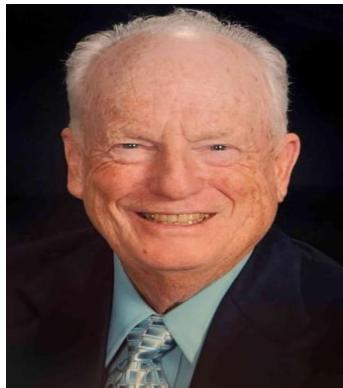


In Memoriam

It saddens us to learn that the following SSRA members have recently passed away:

**Diane Henry of Shoreline
Donna Peha of Suffern, NY
Robert Stone of Vancouver
Kristi York of Seattle**

Members who worked with those we have lost are welcome to submit short notes for the Bulletin about them and their work in Seattle Schools. Send information by email to the Bulletin Editor, Joani Harr at joaniharr@aol.com.



Ed Scott

Ed Scott, long-time administrator in Seattle Public Schools, was born September 24th, 1936 and passed away last December 1st. He spent over twenty years as Vice Principal at Ingraham High School. He grew up in the Green Lake neighborhood where he attended the local public schools and graduated from nearby Lincoln High School.

He attended Seattle Pacific College where he earned an Education Degree and began teaching social studies in various schools. He eventually moved into administration.

A memorial service was held on January 17th at Calvin Presbyterian Church in Richmond Beach.

Ed was a long-time but quiet member of SSRA.

SSRA's Bulletin is published four times per year by the Seattle School Retirees' Association. We plan to hold four members' meetings for this year. You can leave a phone message at 206-521-5170 or by email at ssra44@juno.com. Our mailing address is PO Box 31027, Wallingford Post Office, 1329 N. 47th St., Seattle, WA 98103

SSRA Leadership for 2025-2026

President.....	Julee Neuhart
Past President.....	Pat Cygan
Vice President.....	Edith Ruby
Recording Secretary.....	Mary Wallon
Treasurer.....	Sue Battin
Parliamentarian.....	Edith Ruby
Historian.....	Eleanor Toews
Bulletin Editor.....	Joani Harr

Committee Chairs

Budget.....	Julee Neuhart
Community Services Raffle.....	Jody Lemke
Health Services.....	Myrna Muto
Legislative/PAC.....	Edith Ruby and Mary Wallon
May Honorees.....	Marie DeBelle
Membership.....	Julee Neuhart
Programs.....	Pat Cygan
Scholarships.....	Patricia MacGowan
SEED Grants.....	John Thorp
Website Team.....	Eleanor Toews/Ron Cygan
Sunshine.....	Marcia Lalonde
WSSRA's NW-2 Representative.	Patricia MacGowan

DON'T FORGET TO CHECK OUT THE

OFFICIAL SSRA WEBSITE.

JUST GO TO WWW.SEATTLESRA.ORG.

SSRA BOARD MEMBERS ARE WORKING

DILIGENTLY TO KEEP THE WEBSITE MORE

UP-TO-DATE



Seattle Education Enhancement Dividend (or S.E.E.D. Grant)
Classroom Grant Application
October 1, 2025 to March 31, 2026

NAME _____ DATE _____

SSRA MEMBER? YES NO Best Phone Number/Times To Reach You? _____

Amount of Request? SSRA MEMBERS MAY REQUEST UP TO \$550 IN A SCHOOL YEAR. _____

A NON-MEMBER MAY REQUEST UP TO \$300 **ONE TIME ONLY.** _____

Your School and Its Address? _____

Your Position/Role? _____ Your e-mail? _____

Grant Amount Requested? _____ Number of Benefitting Students? _____

Mail check to whom and where? _____

Important Alert Notice: Usually each school year falls into 2 calendar years [e.g., Sept. 2024 to June 2025]. If SSRA were to send you SEED Grants of \$600 or more in the same calendar year [=Jan. to Dec.], both SSRA and you would be required by the Internal Revenue Service to fill out a **1099 form**—thereby reporting that sum to be a potential addition to your income for that tax year. **Thus, SSRA Members, if you apply for a SEED grant in 2 different but adjacent school years, please space your requests for S.E.E.D. grants so that the total for both grant requests will not equal \$600 or more dollars between January and December of the same calendar year.**

Is This A Combined Project? Yes No If combined, with whom? _____

Is This A Summer School Project? Yes No Is This An After-School Project? Yes No

Briefly describe how this grant will be used to enhance students' learning? (Use back if necessary.)

What specifically do you plan to purchase with this S.E.E.D. grant? (Use back of this sheet if necessary.)

Project's Start Date = _____ Project's Finish Date = _____

+++++
 Next, you will need to show this request to your school's PRINCIPAL OR PROGRAM MANAGER FOR HIS/HER SIGNATURE. **YOUR PRINCIPAL/PROGRAM MANAGER'S SIGNATURE IS REQUIRED.**

PRINCIPAL or PROGRAM MANAGER'S SIGNATURE _____ Please PRINT Principal/Program Manager's Name.

MAIL A PAPER APPLICATION TO John Thorp by email to jhthorp3@outlook.com or by U.S. mail to
 John Thorp at 11033 39th Ave. N.E. Seattle, WA 98125
 (We must receive the application by March 31, 2026)

Are Processed Foods All Bad News?

A recent study by NYU School of Global Public Health found that ultra-processed food consumption has risen over the past 20 years and contributed to the obesity epidemic. A 2023 report from the National Poll of Healthy Aging at the University of Michigan showed that 13% of people ages 50-80, especially women and those who are lonely, overweight, or in fair or poor health are addicted to processed foods. This is a concern because recent studies have linked highly processed foods to a greater risk of cancer, dementia, type 2 diabetes and heart disease. What are healthier options? Read the ingredient list.

Not all processed foods are alike. The Department of Agriculture says that foods are processed if they are altered from their original state including cutting, drying, freezing, pasteurizing, or packaging. The Academy of Nutrition and Dietetics places these foods on a continuum. Minimally processed foods include bagged spinach, eggs, oats, pasta and plain roasted nuts; foods processed at their peak, like canned tomatoes, frozen fruit and freshly made bread; and ultra-processed in which culinary ingredients or food additives are included for taste or convenience like flavored yogurts, salad dressings, packaged crackers/cookies, soy burgers, ready-to-eat meals, frozen pizza, and soft drinks. Many doctors and researchers say that ultra-processed foods should be avoided.

This is a partial list of good-for-you processed foods:

1. Dairy, soy milk or filtered milk. Yes, milk is processed through pasteurization and that is a good thing. It is natural and provides nutrients and antioxidants. Soy milk is similar in protein content to cow's milk and is fortified with vitamin D and calcium. Look for organic soy milk with no sugar or artificial sweeteners.
2. Greek yogurt contains probiotics that support gut health, protein to support muscle repair and calcium for bone health. Choose plain Greek yogurt over a sugary, flavored variety.
3. Precut veggies are an excellent choice for those with limited mobility as they remove the need for chopping and make it easier to incorporate essential nutrients into daily meals. Veggies also give a hit of fiber, vitamins and antioxidants.
4. Packaged salads are prewashed and a shortcut for getting more veggies in your diet. Fiber-rich vegetables help to reduce the risk of heart disease and maintain a healthy weight.
5. Canned beans are a great source of plant-based protein and essential minerals. They also come in low-sodium versions. They are also high in dietary fiber that can lower blood cholesterol levels
6. Frozen or canned fish is recommended by the American Heart Association. Two 3-ounce servings of a fatty fish like salmon, herring, or mackerel are recommended per week. Canned fish is an excellent source of high-quality protein and omega-3 fatty acids. According to the Food and Drug Administration, the healthiest seafood, in terms of mercury, includes anchovies, clams, flounder, oysters and canned light tuna.
7. Nuts and seeds are nutrient dense and calorie dense. Take a handful (about 1/3 cup) at a time for snacking. Blend flax seeds or chia seeds into smoothies, sprinkle chopped walnuts or pumpkin seeds on yogurt or top a salad with pistachios. If high blood pressure is a concern, there are unsalted versions of nuts and seeds.
8. Tofu is one of the most versatile and nutritionally dense foods. It is a high-quality plant-based protein. Use tofu as a replacement for meat and season to flavor.

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9. Rotisserie Chicken is a convenient, protein rich food that makes meal prep easy. Remove the skin to reduce sodium and saturated fat. Shred chicken into salads, soups or grain bowls.

10. Frozen fruits and veggies are picked in the field and frozen right away. They contain vitamins, minerals, antioxidants and fiber. They are also budget-friendly options that last for months in the freezer, making nutritious eating more accessible for seniors. They are pre-cut and can be portioned out easily to prevent food waste and eliminate difficult chopping.

If you are interested in the 15 other good-for-you processed foods, read the rest of the article by Alison Gwinn, AARP, Feb. 03, 2025, at AARP.org

Submitted by Myrna Muto, Health Services Committee Chair

Please Contact Your Legislators!

By Edith Ruby, SSRA Legislative Committee Co-chair

Legislators' constituents have powerful voices. A quick and easy way to send a message to your senator and representatives during session is to use the Legislative Hotline.

- Dial 1-800-562-6000 (Toll-free).
- Give your name and home street address.
- Give the phone answerer the message that you want to deliver to the three legislators from the district where you live.
- End the call.

The message that all our legislators need to receive this session is ALL state retirees need a COLA. Please support SB5862 giving a one-time 3% COLA to TRS/PERS 1 retirees, the only state retirees without a COLA.

The hotline is open 8:00 am-8 pm M-F, 9:00 am- 1:00 pm Sat.

This legislative session ends March 12. Please take a couple of minutes to send this message now.

NATHAN HALE HIGH SCHOOL



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Hale was modernized and expanded during a three-year period from 2008 to 2011 with funds from the BEX III levy approved by voters in 2007. Construction was done in two phases, allowing for continued student occupation. The first phase, completed in August 2009, included construction of a new library, visual arts classrooms, a fitness center, a new east entry, and new space for KNHC, the student lead radio station. The project included the construction and installation of ground-source heat pumps to provide HVAC to the radio station and library.

The second phase, completed in February 2011, included the renovation of offices, classrooms, the cafeteria and commons in the main building, as well as upgrades to the athletic facilities. Multiple small group learning areas were built to support the school's educational program. Outdoors, the site received new landscaping, and part of Thornton Creek was restored with native plantings. A celebratory ribbon-cutting for the new school was held on August 30, 2011.

Part of the renovation project for Hale included the construction of a replacement greenhouse to support the horticulture program at the school. When Seattle Public Utilities reclaimed land from Hale for the Meadowbrook Pond rehabilitation project for storm water retention and floodwater control, the school property did not have enough space to accommodate this building, so the greenhouse was constructed at Jane Addams Middle School across the street (see Addams). The program hosts two sales per year to help fund the program—poinsettias during the holiday season and spring vegetables starts in the summer.

The modernization project won a merit award from the American Institute of Architects Washington Council's 2012 Civic Design Awards. The redesign of the school also won an American Institute of Architects National Award in 2014, and it was named by Business Insiders Magazine as one of the 12 most beautiful schools in the U.S. that same year.

Seattle Public Utilities finished a restoration project of Thornton Creek in 2015. Before this project, the creek flooded a major road in the area nearly every year, blocking access to schools, a community center, hospitals, businesses, and bus routes. At times, Nathan Hale High School even flooded. Yet, the neighborhoods around the creek have not flooded since the restoration was finished in 2015, not even during large storms. In 2017, two weeks after winning its first Class 3A state boys' basketball title, All-American Michael Porter Jr. and coach Brandon Roy won the Naismith National High School Player and Coach of the Year awards. Porter was named The Seattle Times state player of the year and Gatorade's Athlete of the Year. (continued on next page)

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The Nathan Hale High School athletic field received additional changes in 2020. The pole vault boxes and stanchion pads were modified and the cinder shot put landing area was refurbished. A new synthetic turf field with cork infill was installed as well as a new rubberized track and field event surface.

Notable alumni include football player Ed Simmons, Olympic swimmers Rick and Lynn Colella, American broadcast journalist Hari Sreenivasan, and performer Ben Haggerty (known as Macklemore who also attended Garfield) to name a few.

(History from [Building for Learning. Seattle Public School Histories, 1862-2022](#)), submitted by Eleanor Toews, Historian

HELP US WITH SSRA FUNDRAISING

When you attend an SSRA luncheon meeting, we hope you bring your wallet and help us raise money. On each table the Political Action Committee (PAC) offers a bowl of candy. Please help yourself to some sweets and toss in your spare change or a dollar which will go to support the PAC.

At the March 12th meeting we will start a new fundraiser, "A Book for a Buck". Look for a box with "A Book for a Buck" sign on it. It will have books you can purchase for a dollar. This money will also go to support the PAC. The PAC gives political donations to our friendly legislators in Olympia.

You can donate a book to the box to be sold to help us raise money. However, if your book does not sell, you will need to take it home because we do not have an office to store unsold books.

In addition to the PAC fundraising, we also have a raffle at each meeting. Please buy a few raffle tickets. Those funds go to our Community Service Project in support of Mary's Place. This is a Seattle homeless shelter for women with children. At each meeting two nice prizes are given to two raffle winners. At the last meeting, in honor of our speaker, mystery writer Marty Wingate, the raffle winners received gift certificates to Barnes & Noble.

TEACHER PRE-RETIREMENT PLANNING

Let your colleagues who are still teaching and are getting ready to retire know that the WSSRA is planning their annual ZOOM webinars in March. On March 9, 2026, they will present on the topics of the Washington Dept. of Retirement Systems, Health Care, and the Public Employees Benefit Board (PEBB). On March 10, 2026, the presentation will cover Social Security, Medicare, and the Voluntary Employee Benefits Association (VEBA). The ZOOM presentations will be at 5:00 pm on each day. Current school employees who are within 5 years of retirement will find these webinars very helpful. Teachers can register on the WSSRA website at WWW.WSSRA.ORG.



**What's Happening This Session
at Our State Legislature?**

On January 12, the Washington State Legislature convened for what will be a 60-day legislative session. The legislature's primary goal is to balance another multi-billion dollar budget deficit. The WSSRA Legislative Committee is working hard to protect our health insurance benefits, keep our pensions responsibly funded, and provide a COLA to TRS 1 and PERS 1 retirees.

Unfortunately, legislative leaders have informed us that Substitute Senate Bill 5085, which would restore an ongoing COLA for TRS 1 and PERS 1 retirees, will not be moving forward. The bill, which Senate Democrats championed last session, proposed funding the ongoing COLA by merging TRS 1 and PERS 1 with LEOFF 1, an overfunded pension plan for retired firefighters and police officers. However, it now looks more likely that the excess LEOFF 1 money will be used to help the state balance the budget.

This is a major disappointment for TRS 1 and PERS 1 retirees, who are the only retired public employees in the state to not receive automatic annual COLAs. These retirees saw their ongoing COLA taken away by the legislature in 2011 to help balance a budget deficit, resulting in most pensions losing 29%+ of their purchasing power. We are grateful to our members who worked so hard to advocate for SB 5085 last year.

In reaction to this news, we have shifted our focus to supporting House Bill 1474, which would provide a one-time COLA for TRS 1 and PERS 1 retirees in 2026. Due to the lack of available funds, passing this bill will still be a difficult task. We are also on the alert for any proposed cuts to the PEBB Medicare benefit that many of our members receive. Please watch your email inbox for opportunities to contact your legislators on our behalf. *Edith Ruby SSRA Legislative Committee*

Teacher Intern Experience – Htookpru Gay

In partnership with West Woodland Elementary school, I have the pleasure of co-teaching with Ms. Walters this 2025-2026 school year in her first-grade class. Ms. Walter is a caring, reliable, honest, and supportive individual. She sincerely cares for her students, their parents, and her students' education. She heavily emphasizes building trust and community and I very much appreciate her taking me under her wings. My first graders-- these emerging young scholars-- have shown me their aptitude for learning from the first day that I met them. As we begin teaching literacy and math skills, I have seen them absorbing the information and putting them into practice. As we are laying out clear expectations and modeling them, they try their best to better themselves each day. To positively guide these growing minds fills me with immense joy as we both are learning and growing together. I am very proud of the person they are and will become. Their inclusivity, their kindness, curiosity, imagination, and appetite for learning new things encourages me to do and be better. I hope that this starting experience will help mold me into a teacher that never fails to have compassion, empathy, and the willingness to learn new things. Seeing as how they're starting, I can only imagine what they'll achieve in the future.

Who the Heck Is Burbank Rideout?

by Ron Cygan

Some on the SSRA Board noticed that the SEED Grant Fund is officially called the “Burbank Rideout” SEED Grant Fund. But who was he?

Horton Burbank Rideout (who friends referred to as ‘Bur’) had quite a life and played an important role in SSRA. He passed away in 1998 at the age of 81 shortly after having a nasty fall. But his early years were full of adventure.

After graduating from high school in 1935 he attended the University of Washington as a drama major where he also also earned a teaching certificate. He served in Alaska during World War II on Amchitka Island where he later worked as a radio announcer. He began teaching on St. George Island in Alaska in 1951. A few years after that he returned to the Puget Sound area where he taught drama and English at Snohomish High School as well as Lincoln High School in Seattle from 1957-1980.

During his teaching career he still performed at Seattle clubs and theaters including The Seattle Rep. He directed some plays as well.

After retirement Burbank earned a Master’s Degree from Lesley College (Massachusetts) and did some part-time teaching English as a Second Language. He then joined what was then the Seattle Retired Teachers’ Association (the earlier name for SSRA). He served as President of SRTA from 1989-1990 and again from 1995-1996.

No one in SSRA today seems to know for sure how Burbank’s name became associated with the SEED Grant program. Did he start it? Did he make a generous contribution for it? Even Barbara McHargue who worked with SSRA back then doesn’t know for sure. Maybe one of you out there knows more. If you do, contact one of our present SSRA Board members to let them know. We would appreciate learning more about Burbank Rideout!



Jennifer Fontaine, librarian at Rising Star and John Rogers, shows off her SEED grant check. She plans to use the funds to buy new books about the countries that our immigrant students come from.



SSSRA member Natalia Dumont (right) and her Colleague Becca Woodbury at Bailey Gatzert show off their SEED grant checks.



Seattle School Retirees' Association
P.O. Box 31027
Wallingford Post Office
1329 N. 47th Street
Seattle, Washington 98103

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SSRA Scholarship and/or S.E.E.D. Grant Fund Donation Form

Date _____

Enclosed is my gift for:

(A) SCHOLARSHIP FUND

Helps provide scholarships for post-secondary education and training for graduates of Seattle Public Schools.

(If a box is not checked above, your donation will be placed where the need is greatest.)

OR

(B) BURBANK RIDEOUT SEED FUND

Seattle Education Enhancement Dividend provides mini-grants to school employees for special classroom projects.

Amount enclosed: \$ _____

Person or family (and address) to be notified of my gift:

In honor of _____

or

In memory of _____

My name _____ and address _____

Please make checks payable to SSRA Scholarship and Grant Fund and mail to:

SSRA, P.O. Box 31027, Wallingford Post Office, 1329 N. 47th Street, Seattle, WA 98103

Donations are tax deductible as a charitable contribution to the extent allowed by the law.

Please check here if you would like more information on including either of these funds in your estate planning.