



The Bulletin



Volume LXXXI No. 4

The Seattle School Retirees' Association

April-May 2026

News from SSRA President Julee Neuhart

MAY 14TH MEETING TO HONOR VETERAN MEMBERS

Once again it is time to honor members who have reached age 85 and have been SSRA members for several years. Last year we had eleven veterans who joined us for lunch that was “on the house” for each of them. It is always enjoyable to chat with our older members and recall our mutual history working for the School District over many years.

If you have friends and former colleagues who are veteran members, please contact them and get this May 14th date on their calendars.

We will meet again at Ivar's Salmon House again (address: 401 NE Northlake Way). The social hour starts at 10:30 a.m. 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 BY WEDNESDAY, MAY 6TH. 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

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
2. BLACKENED SALMON CAESAR SALAD
3. ALASKA TRUE COD PICCATA
4. VEGGIE BURGER

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

LUNCHEON SPEAKER

Elizabeth Burns is a Washington State Falconer who specializes in raptor education and abatement services through her company Urban Falconry, LLC. She grew up in California's Central Valley and enjoyed spending time with her family and friends, hiking and camping in the Sierra Nevada Mountains. From there she went to Lewis and Clark College in Portland, Oregon and studied environmental science and biology. During this time she took a trip to Africa that inspired her love of raptors and sparked a dream. After retiring from oncology nursing, she decided to reignite her dream of becoming a Falconer. She is now the vice president of the Washington Falconer's Association and is dedicated to enriching the sport with diversity of community, as well as educating the public on the importance of birds of prey in our ecosystem and beyond. Her topic is “The importance of Falconry and its impact and purpose in the state of Washington” and will include live birds.



In Memoriam

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

- Marguerite Condon of Federal Way**
- Shirley Ellingson of Redmond**
- Lois Horton of Seattle**
- Arlene Lindgren of Pflugerville, TX**
- Paul Napolitan of Seattle**
- Joanne Roberts of Gig Harbor**
- Frances Toombs of Elmhurst, IL**
- Nona Whittendale of Preston**

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.



Ammon McWashington Jr. 1945-2026

Ammon, long-time administrator for Seattle Public Schools, passed away February 1st. His first claim to fame, however, came when he was a star half-back for the WSU Cougars. After graduating from WSU he began his career as an educator.

He later served over 30 years with Seattle Public Schools. He worked as Vice Principal at Cleveland High School, and as Principal at Garfield and Ingraham High Schools. In 1996 he became District Coordinator of Athletics (his dream job) and finally retired as Executive Director of Student Services.

A Celebration of Life was held at Garfield Community Center on February 22nd.

SSRA Leadership for 2025-2026

- President..... Julee Neuhart
- Past President..... Pat Cygan
- Vice PresidentEdith Ruby
- Recording Secretary.....Mary Wallon
- Treasurer.....Sue Battin
- Parliamentarian.....Edith Ruby
- HistorianEleanor Toews
- Bulletin EditorJoani Harr

Committee Chairs

- Budget.....Julee Neuhart
- Community Services Raffle.....Jody Lemke
- Health Services.....Myrna Muto
- Legislative/PAC... ..Edith Ruby and Mary Wallon
- May HonoreesMarie DeBell
- 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



Eleanor Toews presenting a SEED check to Tanya Kamila at Stevens Elementary

CHECK OUT OUR WEBSITE:
www.seattlesra.org

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



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... 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.

Send a completed application to John Thorp by email at jhthorp3@outlook.com or mail an application to John Thorp at 11033 39th Ave. N.E., Seattle, WA 98125

(We must receive the application by March 31, 2026)

Participate in Activities You Enjoy as You Age

As people grow older, they may begin to spend more time alone at home. Being lonely or socially isolated is not good for one's overall health. It might increase feelings of depression or anxiety which can have a negative impact on one's health. If you find yourself spending more time alone, try to participate in activities you find meaningful. Meaningful activities create a sense of purpose in your daily life and include hobbies, volunteer activities or spending time with others.

Engaging in social and productive activities you enjoy may help to maintain your well-being and independence as you age. Participate in activities that benefit your mind, spirit and body. Research shows that older adults with an active lifestyle:

- Are less likely to develop certain diseases.
- Have a longer lifespan. Happiness, life satisfaction and a sense of purpose are all linked to living longer.
- Are happier and less depressed.
- Are better prepared to cope. People who feel happier and healthier are more likely to be resilient and bounce back and recover from difficult situations.
- May be able to improve their thinking abilities. Research suggests that participating in certain activities, such as those that are mentally stimulating or involve physical activity, may have a positive effect on memory — and the more variety the better.

There are plenty of places to look for opportunities to engage in activities you enjoy, depending on your interests and ability. Some of these include activities that can be enjoyed even from a distance using phones, computers, and other devices. Others can be done alone. So even if you live in a rural area or have other restrictions, you can still find ways to engage in activities you like.

Connect with family and friends by playing cards or other games with friends in person or online. Travel with a group of older adults, such as a retiree group. Video chat or call your friends and family members. Join a group interested in a hobby, such as knitting, hiking, birdwatching, painting, or wood carving. Reconnect with old friends through your high school or college alumni association.

Learn something new. Take a cooking, art, dance, language, or computer class. Get in touch with your local community college or library. Many offer free or discounted courses or older adults. You may even be able to find classes online. Form or join a book or film club. Try yoga, tai chi, or another new physical activity. Learn (or relearn) how to play a musical instrument. Visit local museums. Many offer free group tours and educational programs.

Become more active in your community. Visit a community or senior center and take part in its events and activities. Serve meals or organize clothing donations for people in need. Run errands for people with limited mobility or access to transportation. Join a committee or help out with an activity at your place of worship. Volunteer at a school, library, museum, hospital, or animal shelter. Help with gardening at a community garden or park. Sing in a community choral group, or play in a local band or orchestra. Take part in a local theater troupe. Get a local part-time job or explore opportunities online. Teach a favorite pastime or skill, such as embroidery, photography, building models, chess, baking, woodworking, calligraphy, or quilting, to a new generation

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Go out and get moving. Garden (indoors or out) or do yard work. Take an exercise class or do exercises at home. Go dancing. Join a sports club for older adults, like a bowling club or bocce league. Walk or bicycle with a friend or neighbor. Take a swimming class. Play with your grandchildren. Teach them a game or dance you remember from childhood. Take a stroll around the neighborhood or on nature trails

Adopt healthy stress-relieving habits. Read a good book, magazine, or newspaper. Practice gratitude and mindfulness. Do tai-chi or yoga. Cook your favorite healthy meal. Enjoy the little things, such as a cup of coffee or a sunrise

For more information see National Institute on Aging website, March 28, 2022

Submitted by Myrna Muto, Health Services Committee Chair

SSRA Scholarship news

Patricia MacGowan, Scholarship Chair

Thank you for your support of the SSRA Scholarships. SSRA recognizes the generous donations to our scholarship and mini-grants from Ron and Pat Cygan and Joanne Franey.

SSRA provides \$25,000 to the Seattle Schools Foundation for scholarships for high school seniors. The District gives \$10,000 to each of the students who are selected. A few students are selected from each high school, both alternative and regular high schools. The recipients are chosen among those who have overcome significant life challenges.

This spring, SSRA will also offer four high school scholarships (\$3000 each) to students interested in teacher education at college. These are in honor of Lynn Fuller, deceased SSRA member and former elementary principal and Phil Konkle, deceased SSRA member and former high school teacher.

The SSRA Board has increased from 8 to 10, the number of \$5000 scholarships available for our teacher intern program. These will be awarded in the fall to students doing their student teacher program.

The applications are available on the SSRA website, seattlesra.org or from Scholarship Chairperson, Patricia MacGowan.

SSRA Scholarship Chair,

cmacgowan@comcast.net (206) 851-0232.

High school senior scholarship applications due June 1, 2026

Teacher Intern scholarships due September 1, 2026..

BROADVIEW

Oak Lake School District No. 51 was divided in half in 1911, with Oak Lake School taking students west of Meridian Avenue N and Olympic View taking those to the east. That same year new areas, such as North Park, were added to the district. The population increased so much that more school buildings were needed. In preparation for this expansion, a new site for the western third of the district was purchased in 1912. The land sat on the top of a hill with views of Puget Sound and the Olympics to the west and the Cascades to the east. Due to controversy among taxpayers at the northern and southern sections, Broadview School didn't open until 1914.

Broadview School began as a small country school, but its planners envisioned a grander future. For the first five years of operation, only two of the four classrooms were used because the total enrollment averaged only 30 students in grades 1-6. Then, as hoped, the student population began to grow. The third classroom was needed in 1919, and the following year all four classrooms were used to hold grades 1-8.

Over the next two decades, Broadview School continued to grow along with the population in this area north of the city. Five additions to the building were made between 1926 and 1948, increasing the number of classrooms to 20 and adding an auditorium/playroom, lunchroom, and play court. Once a week 8th grade boys went to Oak Lake School for manual training classes, which had the proper facilities. A music teacher rotated among several schools in the district and gave weekly music lessons.

Broadview became part of Shoreline School District No. 412 in 1944. In 1953-54, enrollment was so high that the 5th and 6th grades were sent to Butler Junior High School in the Shoreline School District. They returned the following year after Broadview entered the Seattle School District when the neighborhoods north of N 85 Street were annexed into the City of Seattle. Their return was made possible by the opening of Viewlands School, which shifted Broadview's southern enrollment boundary from 105th N to 117th N.

During its highest enrollment years in the late 1950s, as many as 12 portables stood on the north and northwest sides of the building. These were replaced in 1961 when a brick addition was erected along the east side of the older building. The new structure featured 14 classrooms and administrative and health areas. At the same time, the older structure was completely remodeled.

In fall 1966, as part of the voluntary racial transfer program, 25 Black students transferred to Broadview from Mann and Minor, entering a school where only two Black students had attended the previous year. The following year, when 88 Black students attended Broadview, an attempt was made to place at least one transfer student in every classroom.

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Language learning disability classes were introduced in 1970. Following a community planning process, an alternative program called Broadview II began in 1972, utilizing three classrooms and serving grades 1-6. The alternative program, which had 103 pupils in 1974-75, was based on the open-school concept where children learn at their own pace. Additionally, education opportunities were “opened up” by giving students an avenue to study projects of their own choosing and to have greater contact with the community. Principal Amie Loughlen retired in 1973 after 20 years at the school and the learning resource center was named in her honor.

Under the district’s mandatory desegregation program, in 1978, Broadview was paired with Muir and became a K, 4-6 program, while Muir housed grades 1-3. This boosted the racial mix at Broadview.

The school was closed in June 1981. Unlike students at other schools closed that year, Broadview students were not dispersed to other schools. The entire Broadview program of 372 students and teachers were moved up the street to Thomson, which had been a junior high school until that program closed the same year. When Broadview students relocated to their new home, the Thomson school was renamed Broadview-Thomson Elementary (see Broadview-Thomson).

By early January 1981, the First Church of the Nazarene had signed a management agreement with the district and used the Broadview building for its youth activities. Subsequently, the former school buildings were sold and demolished. Opened on the site in November 1990, the Ida Culver House Broadview was a home intended for retired teachers.

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

PAC REPORT

Most of you reading this won’t be at the convention in June, which is disappointing to those of us in the PAC because it’s such a good chance for us to talk to you about what makes the PAC important. We have a table at the convention where we sign up members, accept contributions, and sell notecards.

Membership is very important, because by becoming a member you become a part of our effort to support the WSSRA Legislative Committee by making contributions to the campaigns of candidates who will support WSSRA goals. Our success in preventing the budget proposal to cut the PEBB medical care supplement affects any retiree who gets their health care through PEBB, no matter which retirement plan they’re in, and our success with the bill for a sixth COLA (in fifteen years) affects our oldest group of retirees.

To become a member, you only have to make a contribution of any amount to the PAC. The way to do that is to send a check and fill it out the WSSR-PAC (no “A” because WSSRA cannot accept political contributions). You will find a form with the correct address on Page 5 of the March, April 2026 Journal. Send the check to WSSR-PAC at 2621 SW 167th Place, Burien, WA 98166. You need to sign the statement that “I certify that this contribution is not organized under the laws of and does not have its principal place of business in a foreign country. This contribution is not financed in any part by a foreign national, and foreign nationals were not involved in making decisions regarding the contribution in any way.” The statement is included on the form in the Journal. If you’re using an older Journal, be sure that the address is BURIEN, not Port Angeles. We’ve had very competent, hard working treasurers, and our current treasurer Julie will be happy to see that you’re becoming a member.

Those who attend the convention can also support the PAC by bringing a bottle of wine to donate for the wine auction! And a big thank you to all!

The 2026 Legislative Session: Dodging Bullets by Edith Ruby, SSRA Legislative Committee Co-chair

The 2026 Legislative Session opened January 12 with legislators facing a nearly \$2 billion budget deficit. No program was safe from the cuts required to fill that budget hole. WSSRA's top priorities were to preserve the \$183/month medical insurance supplement for state retirees purchasing their insurance through the Public Employees' Benefit Board (PEBB) and to gain a one year 3% COLA for our Plan 1 retirees.

It was a roller coaster ride of a session for WSSRA staff and volunteer lobbyists. Bills we thought had strong support disappeared along the way. Others, some good, some bad, replaced them. Our early lobbying efforts focused on passing HB 1474, a bill endorsed by the Select Committee on Pension Policy (SCPP), giving Plan 1 retirees a one-time 3% COLA. With SCPP's endorsement, it seemed the bill had a good chance to pass both House and Senate. We were surprised to find leaders of the House Appropriations Committee unsupportive. Money to pay for the COLA would have to come from the state general fund, and House leaders believed there were greater needs than pension COLAs for elderly state retirees. The bill died.

At this low point, we got unexpected help from the Senate. Last year WSSRA's Walla Walla-Columbia unit invited their senator, Perry Dozier, to speak at a meeting where they told him how badly they were being hurt by no COLA in their pensions. Senator Dozier listened and promised he would help. Before the start of the session, he pre-filed, with co-sponsorship of several Senate colleagues, SB 5862, a 3% one-time COLA bill. With HB 1474 dead, Senate Republicans and Democrats united behind SB 5862, passing it 48-0. With less than a week left of the session and overwhelming support from the Senate, House members then also passed the bill unanimously.

As this unfolded, another late session threat emerged. The Senate's proposed budget unexpectedly cut the PEBB Medicare eligible insurance supplement from \$183/month to \$150/month. This cut would have increased the cost of PEBB medical insurance for most members by nearly \$400/year. Mercifully, the House budget did not make this cut, and it was not included in the final budget approved by legislators.

Two bullets were dodged. Were we just lucky? Or was it all of us working together? Legislators are forced to deal with hundreds of bills. They don't have time to understand them all and their impact on their constituents. WSSRA's legislative coordinator, Emmett Mills, executive director, Peter Diedrick, and paid lobbyist Michael Moran spent long hours at hearings to keep up with our bills. WSSRA members testified. WSSRA's Legislative Committee, with its 20 members representing legislative districts statewide, repeatedly contacted legislators by email and in person. Most important, many WSSRA members responded to e-mailed pleas from WSSRA to contact legislators in their own districts and let them know how much we needed their support both for our \$183/month medical insurance supplement and a COLA for our oldest members.

Thanks to all who contacted your legislators. With everyone's help we dodged the bullets!



Patricia (Subica) Cygan

by Ron Cygan

July 25th, 1942-April 7, 2026

Pat was born in a small town outside Hilo, Hawaii and always was proud of her Hawaiian heritage. After attending Catholic schools in Hilo, Pat went off to college at Seattle University where she majored in Social Studies and Education.

She began her teaching career at Jane Addams Junior High in the mid-1960's. After working there for about 10 years she transferred to Cleveland High School. While on sabbatical, she completed her Master's Degree in Asian Studies at the East-West Center located in Honolulu.

Her strong academic background helped her to be selected as Social Studies head for the entire District. Toward the end of her career she did teaching stints at a K-12 school and at Nathan Hale High School.

Pat was selected as Washington State Teacher of the Year in 1996 and later became a quarter-finalist for National Teacher of the Year.

Shortly after her retirement, Pat joined SSRA where she volunteered for over 20 years, including being president for about a dozen years and working in various capacities for WSSRA.

Despite all her professional efforts and volunteering, Pat was a world traveler visiting over 60 countries. She will be sorely missed by just about everybody.

WHAT IS YOUR E-MAIL ADDRESS?

By Julee Neuhart, SSRA Pres.

During the recent legislative session, our lobbyists were following two bills that were very important to our members. One bill was legislation that would give Plan 1 members a 3% one-time cost of living adjustment (COLA) for 2026. (Just like Plan 2 and 3). The lobbyists were working hard to get that bill passed. The second bill was one they were trying to defeat. It would eliminate the \$183 per month the state gives PEEB members to help pay for Medicare premiums.

The lobbyists sent e-mails to our members to quickly inform us about these critical issues and how to contact our representatives asking for support for our position. Unfortunately, many of our members do not have an email address in our state office. They did not get the message.

Recently I looked at my membership list that I get from the state office each month. Of our 831 members in the Seattle chapter, 434 members did not have an e-mail address listed. I am betting that many of those 434 members do have an active e-mail account. And I am betting that many of those 434 do not know that we can not reach them by email when there is urgent information to share.

Please tell us your email address. Here is how to do it: send your email to our membership coordinator, Michele in the state office. Her address is michele@wssra.org. Tell her your name, email address and chapter #: Seattle #20. Thank you!

