

# KEEPING YOU UP TO DATE

The Mission of the Chelan/Douglas School Retirees' Association is to secure and protect retirees' benefits and to provide educational and service opportunities for members.

V. 12 Nov./Dec. 2023

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This newsletter will be published 5 times a year.  
Contact us at 200 S. Kent. Pl. East Wenatchee, Washington 98802

## YOUR NEXT MEETING

**TUESDAY**

**DEC 19**

WENATCHEE VALLEY  
SENIOR CENTER  
1312 MAPLE ST. WENATCHEE  
JOIN US FOR LUNCH

**AT 11:30 AM** MUSHROOM GARLIC CHICKEN - COST IS \$5

All are Welcome! Please RSVP to Kriss Crilly at [cril@earthlink.net](mailto:cril@earthlink.net) to make your reservation before Dec.18th.

## DECEMBER PROGRAM



**Wenatchee High School  
Hy-Tones & 4-Tune Hunters  
Before lunch at 11:30  
AND  
STAGE KIDS After Lunch!**



WSSRA had a good day on the legislative front. The Legislature's Select Committee on Pension Policy (SCPP) met and voted to move the following two proposals forward to the legislature as official SCPP request bills:

- A Plan 1 COLA taking effect July 2024. Retirees successfully lobbied to increase the COLA cap from 3% up to \$110 per month to 3% up to \$125 per month.

- Legislation to provide the full pension payment for the month of a retiree's death. Current policy is to contact the surviving partner and request a refund for the number of days the retiree was deceased. The SCPP also voted to add discussion of a permanent, automatic Plan 1 COLA to the December meeting.

### Help the Future of Education!

Do you know a college student going in to Education? Check out the WSSRA Website under "Scholarships" and see if they might qualify for scholarship help! There is a special grant for Student Teachers!



## HEALTH TIDBITS

Step Your Way to Health

The more steps you walk, the better the effects on your overall health and mortality. Anything below 5,000 steps a day is considered a 'sedentary lifestyle'. 10,000 steps a day is often given as a target. Is that an appropriate goal? It depends on your present fitness level. 10,000 steps is about 4.5 - 5 miles. 10,000 steps isn't necessarily a magic number. But - more exercise is better than less. According to the American College of Sports Medicine, 7,000 - 9,000 steps a day may be the equivalent of the recommended 150 - 300 minutes of activity each week.

## NEW VENUE- NEW PROTOCOLS

As we continue to meet at the Sr. Center, here are some details to understand. The deadline for the Lunch RSVP is December 18th - Before Noon!

The cost for lunch is \$5. Please arrive at the Sr. Center at 11:30 am to pay and be seated. (Entertainment will start before eating.) Lunch is served promptly at noon. If you miss the deadline for lunch - they MAY have extra. You can always bring your own lunch and join us. All who attended our October Meeting, enjoyed our lunch and the Sr. Center facilities for our program. After lunch we will go to our meeting room and enjoy more entertainment. RSVP - Kriss Crilly [cril@earthlink.net](mailto:cril@earthlink.net)

**Chelan Douglas School Retirees' Association**  
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### SAVE THIS DATE

- Dec. 6 – Newsletter Party at Clubhouse @1:00
- Dec. 19 11:30 Entertainment and General Meeting at Wenatchee Sr. Center
- Feb. 20 General Meeting Wenatchee Sr. Center
- Feb. 27 Dinosaurs at the PAC

### Help Bring Holiday Cheer to Children at Grace House!

Please bring unwrapped "stocking stuffer" gifts to our general meeting and we will make special gift stocking for the 7 children currently at Grace House.



**HELP CHELAN/DOUGLAS KEEP GIVING!**

#### CAN YOU HELP?

Please consider volunteering to evaluate WVC Scholarship Applications. Training provided. Standard rubric. Online evaluation portal. 4-6 hours total.  
Sign Up – Email: [foundation@wvc.edu](mailto:foundation@wvc.edu)



### Dinosaurs at the PAC!

February 27th is the EKAP (Every Kid at the PAC) program that CDSRA sponsored. The show is Dinosaur World Live at the PAC at 7:30p. Tickets are on sale now. Students will have the opportunity to enjoy the Dinosaur World as a field trip during the school day. As sponsors, we can attend during the day for free. Watch for more details in our February newsletter.

**Please let us know if we can update your contact information. [susan\\_kane1@msn.com](mailto:susan_kane1@msn.com)**