

# The Voice



A Newsletter for Yakima County School Retirees

February 2018

## PRESIDENT'S MESSAGE

Kathy Fletcher

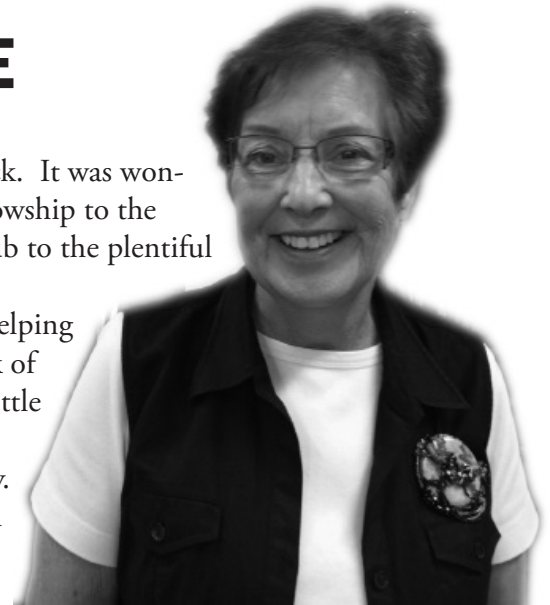
Happy New Year. We had a great turnout at our December potluck. It was wonderful to see everyone. The whole thing just felt festive - from the fellowship to the lovely table decorations to the beautiful music from the Camerata Club to the plentiful potluck spread. It was a great way to kick off the holidays.

Now we are back to our normal routines. Luckily the weather is helping to keep doldrums away. Sunshine in the winter is a great gift. The lack of slippery streets is a bonus. Routines are good. However we can use a little nudge to change things up. I am hoping to intentionally embrace and continue those feelings of joy and wonder I witnessed over the holiday. While in Seattle with friends, I saw a young girl completely filled with joy over seeing Santa. She was standing with Santa and my friends and I were watching outside on the street. (The Nordstrom window allowed us this bird's eye view.) She was jumping up and down, grabbing his sleeve in excitement. Precious and innocent. The next family came up, and they looked like something from a Norman Rockwell painting. There were three little red-haired boys all dressed in white shirts, ties, and slacks along with their older sister in a lovely white party dress. Once again - so filled with wonder and joy at the thrill of seeing Santa.

Because of observations like these, I am intentionally going to try to keep these warm feelings going. I hope you will join me in taking time to appreciate the little things in life. Remember to say please and thank you to those who help us. Give a warm smile to those we meet on the street or in a store or in our own homes. Slow down. Be patient, kind, and thoughtful. Write notes of friendship or encouragement. Give generously of your time and talent. Rise out of bed each day shouting, "Here I come world. What can I do to make today a better day for someone?"

Hope to see you at our February meeting where heart health is the topic. Having a warm and caring heart is important but so is maintaining a strong and healthy heart. We will learn some new strategies for keeping ourselves, our bodies, and our hearts fit and working at maximum levels.

Some book recommendations: *The Paris Architect* by Charles Belfoure about occupied Paris during WWII - gripping. *Cuban Affair* by Nelson deMille. My sister alerted me to this one.



December holiday music program by Camerata

And for a laugh - Man's three basic hairstyles: married: unmarried: departed

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509 961 5571

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966 9341

# MEETING DETAILS

**Monday, February 5th****Location: Englewood Christian Church, 511 N. 44th Avenue****Social Time** 12:30 PM**Program** 1:00 PM

**Taking Care of Your Heart:** We will learn some new strategies for keeping ourselves, our bodies and our hearts fit and working at maximum levels.

**Food and Table Decorations:**

Betty Andrews 966 1264  
Marion Mann 452 4263  
Pam Hornstein 307 5938  
Sandy Gavin 952 9855

**Drawing Prizes:**

Judy Markham 457 6852  
Sheila Wilson 969 8981  
Marion Mann 452 4263  
Sandy Gavin 952 9855

**Make sure we have  
your proper email**

If you have changed your email address in the last year, please send me a corrected one. Thanks!

Sandy Gavin  
sandyg1948@gmail.com

**Visit our website: [www.yakimacountysra.org](http://www.yakimacountysra.org)**

Opinions expressed in *The Voice* are those of the authors and do not necessarily represent the view of the YCSRA Board or the editors. Editorial contributions and articles as well as ideas for articles are welcome. The deadline is the 15th of each month. Send information to Kathy Schultz.

Co-editors  
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ecpatrick@charter.net

**Attention All Members:**

I need your help so I can do my job. Please send or call me with names of people who need WSSRA greetings. I will send out get well wishes, condolences, thank you's, congratulations, thinking of you, etc. on your behalf.  
Email: cmstenehjem@msn.com or 509-966-3409. Leave a message if no one answers.

~ Millie Stenehjem

# QUESTION OF THE MONTH

Compiled by Judy Markham

## What is one of your favorite memories from your teaching/working years?

I had a student who was very angry because his sister wouldn't take over and raise him and his brother. She was only 17 and addicted and he was 11 at the time. I asked him to reverse roles. It was quite a wake-up call. His aunt, his guardian, called me to ask me what I said to him. His anger and attitude changed completely and he thanked me.

~ **Peggy Young**

The day one of my students brought a cat to school in her backpack. She wanted a cat and found this one on her walk to school. Needless to say the cat was not pleased to be at school!

~ **Jan Saxton**

Looking around one day realizing I was the oldest person on the staff. ~ **Gary Lund**

My yearbook staff, led by editor Christy Needham kidnapped me with a pillowcase over my head and took me to Clair's and had my ears pierced. (They had cleared with administration, arranged class coverage if we were delayed in returning, and paid.) So fun for us ALL!

~ **Carol Mills**

Teaching Environmental Science to 3rd through 5th grade. I was able to take students to so many sites around Yakima such as Umptanum Ridge and Cowiche Canyon. We even did a musical at Yakima Valley Community College. I loved it all!!

~ **Janet Fanciullo**

The sparkle in the eyes of students who just "Got it!"

~ **Doug Cairns**

I was reading Charlotte's Web to my 2nd graders and a spider dropped on its line right in front of me. The kids (and I) were thrilled!

~ **Linda Cairns**

I can remember the delight everyone felt when the light started to increase after the holidays! Hooray for sunshine!

~ **Betty Andrews**

One year I hurt my back and when I returned to school I would lie down at noon recess to rest. Sometimes I would fall asleep and the kids would quietly come in and one would wake me up.

~ **Marion Mann**

Every Friday afternoon at 2:30 the 1st graders I taught spent a half hour painting with watercolors. I had such fun seeing what they would paint. They were so creative.

~ **Peggy Campbell**

I loved the day I dressed up like an old woman (before I was one) and the principal introduced me as Mrs. Mac Gulicutty, the substitute teacher for the day. The kids didn't know who I was.

Teaching with Marlene Siebol and the last six years of my career teaching French.

~ **Kathy Dyblie**

I was overwhelmed when the DTSA awarded me the Golden Acorn Award. I was also fortunate enough to coach a state championship cross-country team. And, all those students who said thank you when they graduated.

~ **Nick Schultz**

Being able to have my parent and teacher conferences for my mariachi class. The parents did not speak English.

~ **Bob Ferguson**

Mine has to do with working, being a caregiver. I enjoyed the wheel chair dances. I used to get run all over the floor dancing with my elderly clients. ~ **Debra A. M.**

Teaching Middle School kids. ~ **Jean Garrison**

Every spring we attended children's musical theater presented by Shorecrest High School. Fabulous! ~ **Kathy Schultz**

When I taught drama...the absolute joy on the face of an 8th grade boy after he successfully played a role in Charlie's Aunt!

~ **Sheila Wilson**

My first year I taught 5th grade, I bonded with one of my students and her parents. Suzy and I have been close friends all these years. She has become my "little" sister.

~ **Norma Haney**

It was very touching to receive letters or notes from former students! ~ **Linda Lockwood**

Just recently I have had the pleasure of hearing some of my student's successes...teaching and law enforcement.

~ **Sandy Gavin**

For many years my students gave their final speeches on some aspect of their families—6 to 8 minutes complete with visual aids and a quote from literature. I always looked forward to listening to them. It was a great bonding experience.

~ **Millie Stenehjem**

Watching my wife sitting in a classroom as I walked by on my way to class. (Gosh, where did that come from?)

~ **Chuck Weedon**

I was an elementary librarian at Wapato. We had a special day each year where we honored Dr. Seuss and all the books he had written for us. I dressed as the Cat in the Hat on that day. (My face always itched from the heavy white make up.) It was so much fun to show the kids Theodore Seuss Geisel's books and the variety of characters. My favorite quote by "Dr. Seuss" was, "I don't know if I am an adult writing children's books or a child writing books for adults!" I loved hearing the children's responses to his stories.



# HEALTH MATTERS

By Lorry Evert-Garvin



The New Year has begun and like some of you (maybe more than a few), I've made promises to myself about changes I want and need to make in my behavior. Some were grandiose in scope without a chance of success, but others are pretty reasonable. I'm not going to list the improvements I want to make in myself, but would bet they mirror some of the promises most of you have added to your own lists. I keep on trying to be a better and more independent me. One of the things on my list that I'm sharing is to take better care of my health, especially my heart health. The Health Committee is committed to a program for the general membership meeting Monday, Feb. 5th at Englewood Christian Church, Yakima, and we have invited Theresa Roberts, former health care dietitian, to present the topic of "Taking Care of Your Heart." She will also be available to answer questions from our group. Please plan on attending and gain some insight into meal planning, exercise, diet and hints to achieve a healthier New Year. As always, I wish you a happy, healthy New Year and please take care of yourself, your heart and health. You matter.

# RETIREMENT PLANNING WORKSHOP

**Yakima County School Retirees' Association**

**March 10, 2018**

Mark your calendar! YCSRA is hosting a retirement workshop on Saturday, March 10, 2018, for all school employees. This workshop will provide information to assist you in making important decisions regarding your retirement.

This workshop will include:

- A speaker from DRS who will explain TRS, PERS, SERS Plans 2/3
- Information on Insurance, Banking and Investment opportunities
- Healthcare info
- AMBA (WSSRA Benefits program)

**Registration** .....Begins at 7:45 am  
**Workshop**.....Begins promptly at 8:30 am  
**Conclusion** .....2:30 pm

Snacks and Lunch will be provided. If anyone requires a special diet, please plan to bring your own food. The workshop will be held at the Yakima Valley Museum, 2105 Tieton Drive, Yakima. We encourage you to pre-register as enrollment will be capped at 75. We will also need an accurate head count for lunch.  
 Fees: Members of YCSRA \$5  
 Member Spouse \$10 Non-member \$15

Questions? email Carol Mills: [gocougs@az66.com](mailto:gocougs@az66.com)

If you are planning to retire within the next 5 years, this workshop is for you. Relieve the anxiety and stress by attending the workshop and getting your questions answered. See you March 10, 2018.

### To Pre-register

Send a check made out to YCSRA to:  
 Carol Mills  
 3409 Hillside Place  
 Yakima, WA 98908  
 memo line: retirement workshop



# LEGISLATIVE REPORT

By Larry Scholl

The Washington State Legislature is back in session after only about 6 months since the last session ended. This is scheduled to be a short, 60 day session but that will remain to be seen.

The State Supreme Court has declared that even though the legislature appears to have adequately funded the “McCleary” decision, the court wants the spending of about \$1 billion of the education budget moved from 2019 to 2018. That may put the state in a revenue bind again.

The Select Committee on Pension Policy, a bi-partisan group of legislators, proposed in one of its recent meetings that the legislature fund a 3% across the board, one time, COLA for Plan 1 retirees. The Governor’s proposed budget contains the same 3% COLA increase for Plan 1 retirees. The cost of this item for the rest of this budget cycle would be about \$17 Million. Representative Norm Johnson has written a bill proposing the recommended 3% COLA. The bill is HB 2452 and we need to support this bill.

WSSRA will also be supporting legislation to make Plan 2 the default retirement system for new hires. We will also be guarding the Medicare Eligible Health Care Benefit that is currently in the budget and hoping to increase it back to \$180 per month.

This is an election year and we will be carefully monitoring the actions of our legislators in Olympia in regard to retiree benefits. We plan to financially support those who support us. We need your financial contributions to make this happen. Please support this effort as generously as you can. It is critically important. Everyone needs to help. I need your help in Olympia. You may bring checks to the next unit meeting or send them to me. I would like to raise \$2500. That is only about \$1.50 per member.

Make checks payable to:  
WSSR-PAC  
Address: 5910 W. Lincoln Ave. #39, Yakima, WA. 98908

*Thank you so much*

## YCSRA at Camp Hope

Thanks to all the YCSRA members who helped serve a terrific Thanksgiving dinner at Camp Hope!





## Become a JA Volunteer!

Junior Achievement and the volunteers throughout Yakima are partnering to make a positive impact on students in our communities. Through age appropriate curriculum, students are engaged with hands on experiences to help them understand the economics of life.

**For more information contact:  
Junior Achievement at 509 910 7801  
or CynthiaG@jashington.org**



*Nick Schultz thanking members for their contributions to the WSSR-Foundation which averages about \$1000 per year. The sign is made with Drawing Prize tickets.*



## General Meeting February 5th, 2018

**Time: 12:30pm      Social  
1:00pm              Program**

Theresa Roberts, Health Care Dietitian and widow of member Jack Roberts, will speak on the topic "**Taking Care of Your Heart.**" Info will include meal planning, exercise, diet, and hints to achieve a healthier year."



**Yakima County  
School Retirees' Association  
3261 Lateral B  
Wapato, WA 98951**