

The Voice



A Newsletter for Yakima County School Retirees

March 2024

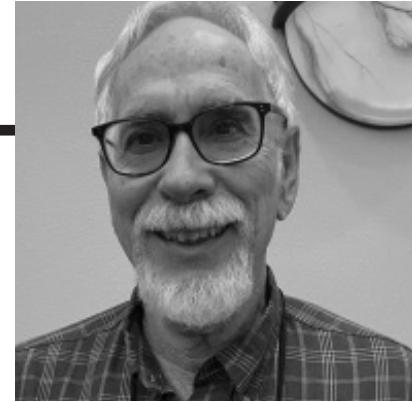
MARCH'S MESSAGE

By Patrick Walsh, Membership Committee

This month brings us daffodils, tulips, St. Patrick's Day, daylight saving time and Easter. The school year is heading into the last quarter already! My message this month is about our little furry friends; the cats and dogs we love and keep and the ones that get lost. I may be more compassionate than most for lost dogs. When I spot one out here in the country where we live, I start a long period of worrying about the poor thing going without food and shelter and the family it once depended on. We have found that a dog dropped off in the country tends to stay in the area where it was abandoned, evidently waiting for someone to return and pick it up. Finally, we take the dog in, or - in two cases - Yakima Valley Pet Rescue and Adoption (YVPR) has rescued me from worry and stress by taking the dog when we could not. YVPR is a 501(c)(3) non-profit organization dedicated to the rescue, care, and adoption of unwanted, neglected, or death row dogs and cats. They also provide less expensive spay/neuter and vaccination alternatives.

YVPR depends entirely upon generous volunteers so sometimes staff are not available but they will eventually reply to phone calls or emails. There are frequently more pet rescue needs than YVPR can handle, but the volunteers are tenacious and eventually

come to the rescue. They help people as much as they help animals by providing loving care to animals when the owner has to move to a nursing home, or housing where animals are not allowed. Since their inception in 2003, YVPR has saved over 13,000 pets. They are always in need of volunteers, foster homes, and donations of food and supplies.



Yakima Valley Pet Rescue

26K followers • 170 following

MARCH Program Information

Members of Yakima Valley Pet Rescue have been invited to come and speak to us at our March meeting. This should be a very interesting presentation with many comforting stories of animal - and people - rescues. **We are asking that members who attend the meeting please bring some animal care supplies to donate.** These supplies may include: good quality dog and cat food, cat litter, puppy training pads, dog beds, paper towels, bleach, disinfecting wipes, Lysol disinfecting spray, and disposable gloves. Monetary donations are always appreciated to help cover the costs of veterinary care for foster pets as well as vaccinations and spay/neuter procedures.

Donations by check can be mailed to:

Yakima Valley Pet Rescue. PO Box 944, Yakima, WA 98907

Donations by credit card can be made at yvpr.org



THE VOICE

Board of Directors

Unit Contact

Nick & Kathy Schultz
509 966 9341

Secretary

Linda Trepanier
509 966 7430

Treasurer/Community Service

Carolyn Wilson
509 952 1911

Health Services/Memorials

Lorry Evert-Garvin
509 961 0125

Legislative

Larry Scholl
509 966 0801

Membership

Patrick Walsh
509 391 4906

Retirement

Paul Schafer
509 453 2606

Social

Peggy Young
509 453 7250

Historian

Peggy Campbell
509 453 1680

Sunshine

Millie Stenehjem
509 966 3409

Web Coordinator

Sandy Gavin
509 952 9855

Outreach

Jan Saxton
509 658 1527

Welcome/Registration

Jan Saxton
509 658 1527

Coreen Fortin
509 966 2669

Mini-grants

Kathy Schultz
509 966 9341

GENERAL MEETING

When: Monday, March 4

Where: Englewood Christian Church, 511 N 44th Avenue

Fellowship: 12:30 pm

Coffee/Tea and treats are provided

Program: 1:00 pm

Yakima Valley Pet Rescue. We are asking members who attend to bring some animal care supplies to donate. Donations by credit card will be accepted at yvpr.org



The following people have signed up to bring:

FOOD

John Osegueda 509 952 9457
Joyce Meeker 509 837 7724
Norma Haney 509 966 6441
Diana Pitt-Koempel 509 961 8926
Steve Dulude 509 952 9855

DRAWING PRIZES

Linda Trepanier 509 966 7430
Joyce Meeker 509 837 7724
Norma Haney 509 966 6441
Larry Scholl 509 966 0801
Sandy Gavin 509 678 4524

**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

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. Kathy Schultz • 509 966 9341 chevyhvn@charter.net
Eric Patrick • 509 985 7768 ecpatrick@charter.net

WE SEND OUT WSSRA GREETINGS!

Let's support our members with get well wishes, condolences, thank yous, congratulations, thinking of you and more. Email or call me with names and I'll get the card(s) sent out for you. Email: cmstenehjem@msn.com or 509-966-3409. Leave a message if no one answers.

~ Millie Stenehjem



BITS & PIECES



By Peter Diedrick, WSSRA Legislative Coordinator

The 2024 Washington State Legislative session is half complete. When you receive this newsletter, legislators will be close to or at the finish line. There's never a guarantee, but legislators have provided enough information for us to make an educated guess about the outcome of the 2024 Legislative Session.

Legislators seem set on providing a Plan 1 COLA this year. The House passed Substitute House Bill 1985 to provide a 3% benefit increase to Plan 1 retirees. The increase would be capped at \$110 per month. House and Senate members have indicated they plan to make room for this proposal in the budget.



Health benefits are trickier. We've learned the state is likely to lose some future federal funding used for subsidizing retiree health plans. The Senate indicated they intend to make up the difference somehow. We're watching the House and Senate budget proposals closely for any changes in retiree medical benefits.

The DRS sponsored Month of Death bill is not moving. HB 2013 would have paid a surviving spouse or a retiree's estate the full month's pension benefit during a retiree's month of death. The House Appropriations Committee favored a cheaper proposal to pay the retiree's PEBB insurance premium during the month of death. The new bill, HB 2481, passed out of all the necessary House committees and was waiting for a vote by the full House of Representatives. It is unknown if the Senate will be interested in the paired back bill. House Bill 2471 to increase the pension income for Plan 2/3 employees working past thirty years of service has died in the House Appropriations Committee. Passage was tall order for a

firsttime bill. We were pleased to get it sponsored and get analysis started. The bill sponsors are working with WSSRA to get all the needed financial information on the proposal so it could move farther in the process if it submitted again.

Here is the current status of our legislation:

House Bill 1985, SCPP recommended Plan 1 COLA: Passed the House of Representatives 97-0. Sent to the Senate Ways & Means Committee.

Senate Bill 6315, Plan 1 COLA and Insurance Changes, "Zombie Bill" - Seems to be dead but could be resurrected.

Permanent Plan 1 COLA Study: State Actuary Study is in progress. Study deadline is December 2024.

Medicare Eligible Healthcare Benefit: Funded in Governor's Budget at 60% up to \$193 per month. Will be determined by House and Senate budget proposals.

House Bill 2471, Plan 2/3 Service Credit Legislation: Dead for 2024. Bill is drafted and fiscal analysis is being completed. Can be resubmitted in 2025-2027 biennium.

House Bill 2013, DRS Month of Death Legislation: "Zombie Bill - Seems to be dead but could be resurrected. House has replaced it with House Bill 2481 limiting the benefit to health insurance. HB 2481 passed committee and is in the Senate Rules Committee.



QUESTION OF THE MONTH

What are your favorite shoes? Describe in detail. Tell WHY they are your favorite?

Rubber boots-they keep me dry and Ballet Shoes-I can dance to or with. ~ Kathy Hagen

Any shoe because they have MY feet in them. ~ George Pickard

In the 70's- stacked chunky heels that were stylish! In the 80's-comfy flats for long days on my feet. In the 90's-sensible shoes with orthotics to heal all the previous damage. Currently, my favorites are cushy Sketcher's Slip-ins that are so comfy. Happy Feet. ~ Kathy Schultz

My hiking boots were made for walking so I put hundreds of miles on them each year. They also fit on my snowshoes! ~ Nick Schultz

I enjoy comfortable shoes! Birks, Nikes, Clarks, and Mephisto. If a shoe isn't comfy, it's not for me. ~ Linda Cairns

Any Birkenstock sandal-they fit perfectly even right out of the box. ~ Joyce Meeker

My Dansko boots! They're comfy and make me look taller. ~ Sally Halfmoon

My riding sneakers because then I'm riding. ~ Jane Watson

I had a pair of blue CROCS with fake lambs wool lining-oh so comfy....and warm! Ugly shoes but I loved them. ~ Millie Stenehjem

"These shoes are made for walking" ~ Chuck Weedin

I have a pair of grey, fur lined Birkenstocks that I love to wear. ~ Linda Trepanier

Birkenstocks-winter, summer, year around. They feel good and are easy on my feet. Been wearing them since the 80's. ~ Steve DeLude

My Brooks tennis shoes. They keep me moving! ~ Anon

My Brooks athletic shoes are the best! I walked all over the British Isles in them. ~ Norma Haney

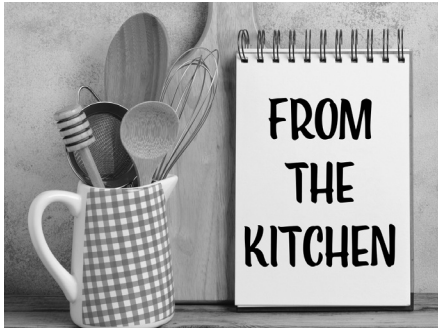
Big, black clunkers that have to be tied. Hate them but love them. They were quite expensive. Faced with the choice to discipline my ankles with inserts and ugly shoes or endure surgery, I chose ugly shoes. ~ Connie Carpenter

My favorite shoes are my snow boots because I loved taking our big black lab for walks in the snow. He has since passed away and we now have a new puppy! ~ Jan Saxton

Slippers for comfort. ~ Anon

Cowboy boots! I enjoy a different persona. ~ Bob Swope

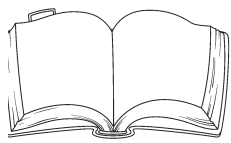




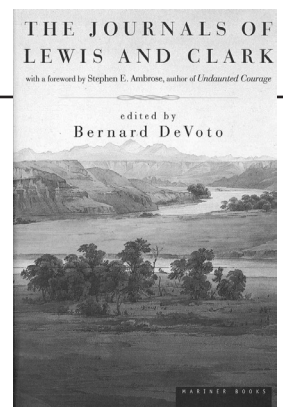
RAW APPLE CAKE from My Mother's Kitchen/Patrick Walsh

Ingredients: 2 cups sugar, or 1 cup brown sugar and 1/2 cup white sugar
 4 cups diced apples 1/2 cup oil
 1/2 cup milk 2 eggs
 2 teaspoons vanilla 1/2 tsp salt
 2 teaspoons baking soda 2 cups of flour
 1 teaspoon cinnamon 1/2 teaspoon nutmeg (optional)
 Raisins and nuts if you like

Directions: Throw it all together in a greased cake pan and bake at 350 degrees for 45 to 50 minutes. Enjoy!



Book Corner



The Journals of Lewis and Clark, Edited by Bernard DeVoto

The American Heritage Library - January 1953

Bernard DeVoto (1879 - 1955) was an author of Pulitzer Prize winning histories of the American West, graduate of Harvard and for 20 years was the author of a column in Harper's magazine - "The Easy Chair." This book is old, but the content is timeless.

DeVoto relates from Lewis and Clark's firsthand reports, the appearance of the unspoiled country and wildlife along the banks of the Missouri from Kansas to the Rockies, then crossing the Rockies, and finally down the Snake and Columbia rivers. Also Lewis and Clark's amazing diplomatic approach to the indigenous peoples they encountered; procuring help rather than conflict. The book is out of print, but a used copy may be found on the internet.

Kamiakin Country. Washington Territory in Turmoil 1855 to 1858.

2016 by Caxton Press, Caldwell, Idaho

This book is by local historian and author Jo N. Miles. Mr. Miles is an occasional lecturer with the Yakima Valley Museum. The book may be available at the Museum and at local book stores. This book documents the conflicts and battles that followed the treaty of 1855 and to 1858. The plight of the Indians and the often cruel attempts to establish security by the military. Most interesting to me was that these events happened right here in our Yakima Valley; with one battle on Ahtanum Ridge at Union Gap - right above where the Central Washington Agricultural Museum is today.

Special Request for Your Consideration

At our last general meeting it was shared that our fellow YCSRA retiree, Lorry Evert Garvin, is experiencing health difficulties. She is our long time Health chairperson. Currently, she is unable to write the **Health Matters** column for 'The Voice'.

I went to visit her in the care facility at Terraces at Summitview. I gave her the Get Well wishes card you all signed at our February General meeting. She is planning to be discharged on February 16. She will then be traveling to Michigan to spend time with family.

This is my ask. Is there anyone or a group of people who would be willing to fill in for her? Basically, 2 articles on Health Matters are needed: one for the April 'Voice' and one for the May 'Voice'. Please contact: Kathy Schultz, Editor 'The Voice', chevvhvn@charter.net or call 509 966 9341. Leave a message. Thank you so much. Kathy Schultz

THINKING ABOUT RETIREMENT?

Pre-Retirement Zoom Webinars

Thursday, March 14, 2024 @ 4:30PM

Department of Retirement Systems and Health Care Authority/PEBB

Tuesday, March 19, 2024 @ 4:30 PM

Social Security/Medicare and VEBA

Sponsored by Washington State School Retirees' Association

Certificated and Classified Employees: If you are within 1-5 years of retirement, you will want to attend these (no fee) virtual webinars to learn about your retirement plans (Plan 2 or Plan 3), medical/dental options, sick leave buyout (VEBA), Social Security options, and Medicare.

These webinars will feature presentations from the following agencies:

- WA State Department of Retirement Systems (Plan 2 and Plan 3, March 14)
- WA State Health Care Authority/PEBB (Medical/Dental/Vision options, March 14)
- Social Security and Medicare (March 19)
- VEBA (Your sick leave buyout options - March 19)

For more info: Phone: 360-413-5496 ext 5 • www.wssra.org • Email: Tara@wssra.org

Scan the
QR code to Register,
or visit the website

www.wssra.org



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

