

The Voice



A Newsletter for Yakima County School Retirees

April 2024

APRIL'S MESSAGE

By Norma Haney and Sandy Gavin

Being a volunteer for senior citizens, finding something to do that makes a contribution to their community, is an important part of being a healthy and happy retiree. This month's YCSRA co-presidents, Sandy Gavin and Norma Haney currently volunteer to help Yakima Valley seniors and others to complete and file their 2023 income taxes. This service is free through AARP. We both enjoy this activity.

Another activity that Norma has enjoyed in the past is volunteering at the Pegasus Project. This therapeutic program utilizes the healing powers of equines to help people, both children and adults with special needs, gain balance, core strength, communication, social skills and boosts self confidence. Activities take place at the riding center and Pegasus ponies have been known to visit nursing homes throughout the Valley. "The outside of a horse is good for the inside of a person," is an often repeated quote by people who are actively involved with equines. This month's YCSRA program will feature the Executive Director of the Pegasus Project, Jene Pleger, who will bring us up to date on the organization's activities.



APRIL PROGRAM INFORMATION

The Pegasus Therapeutic Project operates as a 501(c)3 non profit corporation.

Donations can be mailed to:

Pegasus Project Therapeutic Riding Center

508 A Summitview Ave #324

Yakima, Washington 98908

www.pegasusrides.com

509-965-6990

Volunteers are always needed.





THE VOICE

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Mini-grants

Kathy Schultz
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GENERAL MEETING

When: Monday, April 1

Where: Englewood Christian Church, 511 N 44th Avenue

Fellowship: 12:30 pm

Coffee/Tea and treats are provided

Program: 1:00 pm

The Pegasus Project Therapeutic Riding
Center

The following people have signed up to bring:

FOOD

Peggy Young 509 453 7250
Connie Carpenter 509 388 6252
Jane Butler Nix 509 985 9942
Debbie Dougherty 509 594 5270
Paul Schafer 509 453 2606

DRAWING PRIZES

Peggy Young
Donna Anderson 509 692 3243
Jane Butler Nix
Debbie Dougherty
Larry Scholl 509 966 0801



**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 chevhyvn@charter.net Eric Patrick • 509 985 7768 ecpatrick@charter.net

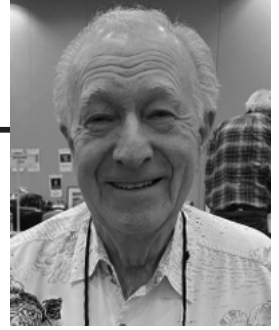
WE SEND OUT WSSRA GREETINGS!

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



LEGISLATIVE REPORT



By Larry Scholl

The legislature ended the 60 day session at about 6 P.M. on Thursday, March 7th. This is about 6 hours ahead of its normal adjournment time of midnight. After a few tense moments, the WSSRA came away with a win, getting another 3% COLA. The maximum increased benefit will top out at \$110 per month. Most of us will see something between \$50.00 and \$70.00 per month increase starting in July. WSSRA has been able to get a COLA for retirees in 5 of the last 8 years.



The legislature also agreed to pay the entire month's insurance premium for a retiree who dies, no matter when during the month that retiree passes away. Previously, the deceased member's spouse or family was billed for the prorated amount of the insurance premium from the date of death until the end of that month. Otherwise, the deceased retiree's insurance coverage terminated on the day of death.

The state budget totals about \$72 billion. That is about \$1 billion more than last session. \$1 billion was added to the reserves.

The legislature also acted on 3 of the 6 initiatives passed by voters in the last general election. They passed

legislation putting in statute that there will be no state income tax, in the near future. They also passed a Parent's Bill of Rights, and repealed the restriction on high speed police pursuits. The legislature kicked three of the initiatives back to voters in November in the form of referendums. One deals with repealing the carbon tax which is used to reduce emissions and pollution. The second referendum, if passed by voters, would repeal the Capital Gains Tax. This tax currently affects only about 4000 investors in Washington who claim more than \$250,000.00 per year in capital gains. The third referendum, if passed, would allow state workers to "opt out" of the payroll deductions for long term care insurance. Our local legislators all voted in support of school retiree benefits. They deserve a big "thanks".



"May the sun bring you new energy by day, may the moon softly restore you by night, may the rain wash away your worries, may the breeze blow new strength into your being and may you walk gently through the world and know its beauty all the days of your life."

APACHE BLESSING



QUESTION OF THE MONTH



Share some good news you received recently.

Larry Scholl secured us a raise! ~ Robert Swope

**WSSRA
3% COLA
INCREASE**

My granddaughter had a lovely baby boy. My ninth grandchild. ~ Peggy Young

We appear to have found new owners for our home of 25 years. ~ Chuck Weedon

Everyone in the family is healthy! Today a beautiful sunrise! ~ Paul Schafer

My first and favorite nephew who lives on Maui is home from a 2 month hospital stay and is doing well. ~ Connie Carpenter

My daughter texted me that my granddaughter passed her driving test. Another milestone. ~ Jan Saxton

So far my bee hives have made it through the winter! ~ Steve Delude

I was so happy to see Peggy young at this March 4 meeting. ~ Peggy Campbell

My niece is having a new baby! ~ Anonymous

Our granddaughter is one of the leads in her school play. I have been appointed to the WSSRA Awards Committee. Our grandson is going to stay with us while he attends Perry Tech for a year. ~ Nick Schultz

Our 11 year old granddaughter is eligible for Advanced Learner placement if both Math and Reading. We are very proud. We can now get a bumper sticker that says our "Grandchild is smarter than your Grandchild." ~ Kathy Schultz

The meeting is finally adjourned! ~ Anonymous

I am very thankful for our good health insurance. ~ Carolyn Wilson

The weather forecasts seem to show that Spring is on the way! ~ Coreen Fortin

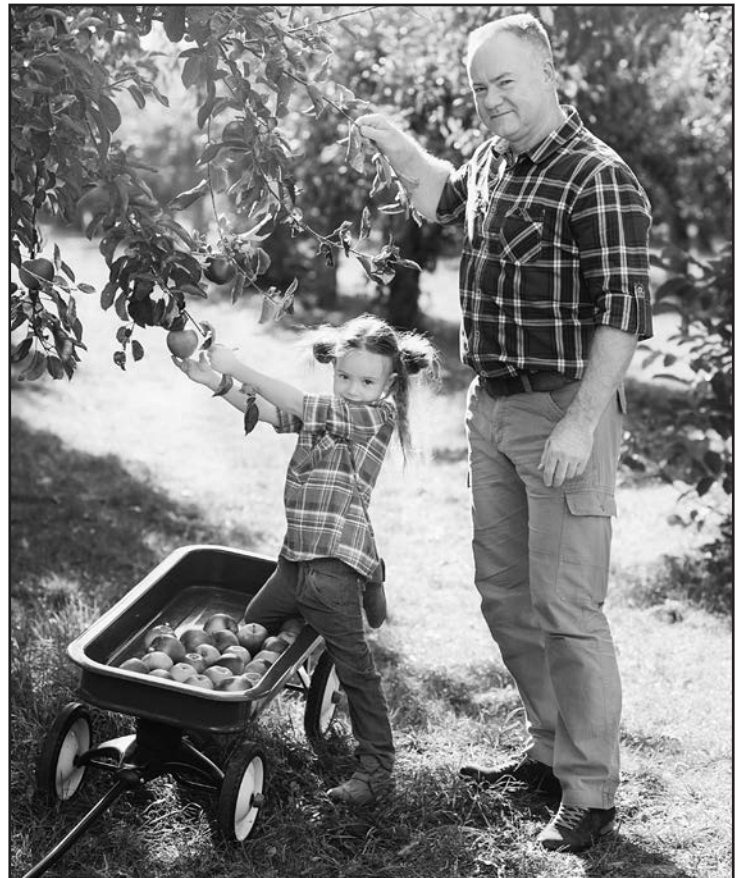
Good News! We woke up today and yesterday-hope for tomorrow. Our oldest grandchild turned 18. She loves running and driving! ~ Millie Stenchjem

Our little house dog recovered from a spinal injury that the vet said could result in paralysis. ~ Patrick Walsh

I feel so lucky that my kids and grandkids are well and thriving! My youngest grandson is a junior at CWU, my alma mater! ~ Norma Haney

I get a tax refund and we all get a 3% COLA! ~ Sandy Gavin

My precious granddaughter was hired after college at Mattel toys as an individual designer. Her first toy as Lead Designer is now available at Target-Disney Pixar Cars. The toy package includes several vehicles. ~ Kathy Fletcher





OKLAHOMA COCONUT CAKE

from the kitchen of Mrs. Duane G. Derrick, Jr., Yakima

Ingredients:

1 package yellow cake mix	1 cup flaked coconut
1 can sweet condensed milk	1 cup chopped pecans
1 cup canned cream of coconut	

Instructions:

Bake cake according to package directions, using a 13x9 inch pan. When done, while the cake is still hot, punch holes with a fork all over the cake. Combine sweetened condensed milk and cream of coconut and pour over hot cake. Allow cake to cool completely. Combine Cool Whip, coconut and nuts and frost cooled cake. Cover with plastic wrap and refrigerate. This luscious cake can be stored in the refrigerator up to a week.

Submitted by Sandy Gavin



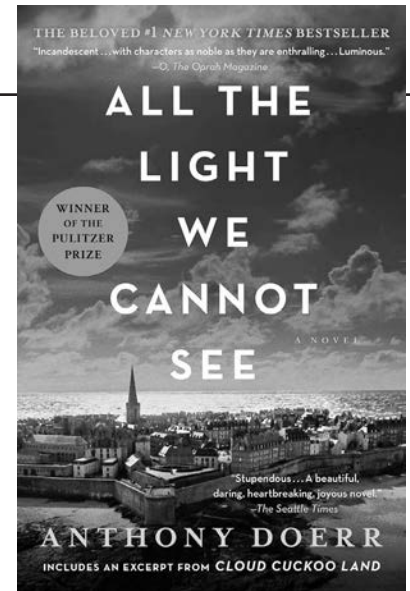
Book Corner

Book Review submitted by Norma Haney

'ALL THE LIGHT WE CANNOT SEE'

by Anthony Doerr

This book won a Pulitzer Prize and was a National Book Award finalist. It has been produced into a four part Netflix series. The New York Times called it "Hauntingly Beautiful." The story takes place during World War II when the Nazis occupy Paris. The two main characters are in their teens, Marie-Laure a very capable French girl who is blind, and Werner a young orphan who is recruited into Hitler's youth army. From the book cover, "These characters from warring countries come together in Saint-Malo, France. Doerr illuminates the ways, against all odds, how people try to be good to one another."



E5-E6 Coordinating Council News

By Nick Schultz

The leadership of WSSRA is making some changes. Our Executive Director Alan Burke has decided to retire. Alan has been a very effective director for the past seven years. He will continue being active in the Thurston County Unit. Peter Diedrick was a unanimous selection by the WSSRA State Board to replace Alan. Peter has been a very valuable employee of WSSRA for many years. He is very well respected on the hill in Olympia. The future of WSSRA is in good hands with Peter. The President-Elect for WSSRA resigned for personal reasons. Rita Figlenski from Okanogan County was asked to step in and she accepted. Rita will be the President Elect for the 2024 - 2025 year. Nick Schultz was asked and accepted a position on the state Awards Committee.

**LEADERSHIP
CHANGES**

WEBINAR SERIES

Alzheimer's and Dementia

Thursday, April 11, 2024 @ 9:00am



WSSRA Members— In the third of a series of 2023-24 webinar presentations, WSSRA will host a 45-60 minute Zoom presentation on the latest information on Alzheimer's and dementia on Thursday, April 11 at 9:00 am. Too many of us have dealt with declining mental capacity of loved ones, and this webinar will provide the basics for those who may need to intervene with a parent, spouse, sibling or other family member encountering the early stages of these unwelcome maladies. (Note: we will record the webinar and post it on the WSSRA website for those working or busy at the 9 am time slot.)

This presentation will focus on the differences between Alzheimer's and dementia, stages, risk factors, research and FDA-Approved treatments.

The presenters are: Alexis Bonoff - Alexis is the Program Manager and Research Champion for the Alzheimer's Association in Central Washington. She oversees Community Education and Outreach programs, Support Groups and the volunteers who lead them. Her background is in Education and International Development.

Coleen Culmer - Coleen graduated with a masters degree from WSU (Go Cougs!) She spent 39 years in education - most of those years in administration. She retired in 2018 and began volunteering for the Alzheimer's Association. Her father passed away in 2015 from Alzheimer's, so it is a cause that is personally meaningful to her.

Please join us for this important webinar. Registration information: <https://form.jotform.com/240597319112152>



Yakima County
School Retirees' Association
3261 Lateral B
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