

The Voice



A Newsletter for Yakima County School Retirees

October 2024

OCTOBER'S PROGRAM

Arranged by Millie Stenehjem

Dr. Kara Lolly saw a need and decided to do something about it. She will share with us her journey with "Canyon Blooms" on October 7th. She started with a home and large garden in Cowiche Canyon where she grew everything and just knew there were people who would enjoy sharing those riches. She knew of folks who were ill or in recovery, who were preparing for surgery, who were recuperating and lonesome: Why not bring a ray of sunshine and cheer into their lives. Hence "Petals for Patients".

Petals for Patients is a nonprofit flower farm located in Yakima, WA. The mission is to use the therapeutic power of flowers to comfort those in our community facing hardship and suffering. They were inspired during the Covid-19 pandemic, after seeing how the simple gift of flowers helped ease anxiety and suffering.



Millie and Casey Stenehjem



Dr Lolly will share what she and her volunteers do as well as how you can help. How many floral bouquets do you suppose she has given away? How many glass vases has she used? You'll have a chance to ask her as she joins us for our October General meeting and we can learn more about "Petals for Patients".

RECIPE FOR WEST AFRICAN CHICKEN PEANUT SOUP

From the Kitchen of Millie and Casey Stenehjem. Makes 4-6 servings.

- | | |
|------------------------------------|-------------------------|
| 1 cup diced chicken | 2/3 cup diced onion |
| 2 tsps sesame oil | 3 cups chicken broth |
| 3 tablespoons chunky peanut butter | 1/2 tsp curry powder |
| 1/4 cup tomato paste | 1-1/2 tsp minced garlic |
| 1/2 tsp red pepper flakes | 1 cup stewed tomatoes |

In large pot, sauté chicken, onion and garlic in sesame oil. Add spices and mix. Add chicken broth, tomato paste, stewed tomatoes and peanut butter. Stir til combined. Heat until hot but not boiling.





THE VOICE

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509 966 9341

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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, October 7

Where: Englewood Christian Church, 511 N 44th Avenue

Fellowship: 12:30 pm

Coffee/tea and treats will be provided

Program: 1:00 pm

“Petals for Patients”

Dr. Kara Lolly, Canyon Blooms



The following people have signed up to bring:

PETALS FOR PATIENTS

TREATS

Kathy Schultz	509 966 9341
Jan Saxton	509 658 1527
Coreen Fortin	509 966 2669
John Osegueda	509 952 9457
Paul Schafer	509 453 2606

DRAWING PRIZES

Nick Schultz	509 966 9341
Pat Walsh	509 854 7891
Norma Haney	509 966 6441
Millie Stenehjem	509 966 3409
Sandy Gavin	509-959-8552

Peggy Young will provide table decorations.
509 453 7250



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 chevylvn@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



MINI-GRANT APPLICATION

As a member of **Yakima County School Retirees**, you are eligible to apply for a mini-grant to use with the children in your school. These grants are intended for special projects or classroom materials. **Grants up to \$500 are available.** It is a token of our appreciation for all that you do to help students achieve their potential. This year we have **\$12,000** to award. So let us help you with that great idea you have for your class or school.

Grant applications must be received by **Friday, November 15, 2024.** Grant winners will be notified by December 13, 2024. If you receive a mini-grant, we ask that you plan to share with us at our May 5, 2025, General Meeting. It will be an evening potluck @ Englewood Christian Church, 511 N. 44th Ave. at 5:00 pm. YCSRA will provide the food.

Please complete the application below and attach to your typewritten sheet outlining program details. Make it brief and specific.

APPLICANT NAME _____

GRANT TITLE _____

AMOUNT REQUESTED _____ NUMBER OF STUDENTS SERVED _____

PROGRAM DESCRIPTION - Attach a separate typewritten sheet outlining program details.

APPLICANT HOME PHONE _____

APPLICANT (PERSONAL) EMAIL ADDRESS _____

SCHOOL NAME AND ADDRESS _____

SCHOOL PHONE _____

SUPERVISOR/PRINCIPAL (print name) _____

SUPERVISOR/PRINCIPAL SIGNATURE _____

YOUR SIGNATURE _____

Please return this completed application along with your typewritten grant description to:

**Kathy Schultz, YCSRA Mini-grants
4711 W. Lincoln Ave. Yakima, WA 98908**

The completed application must be RECEIVED by the due date.



MEDICARE PLAN CHANGES

BIG MEDICARE PLAN CHANGES COMING IN 2025

Explore your options this open enrollment,

October 28 through November 25, 2024

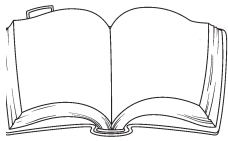
HCA-Health Care Authority

Public Benefits Board



Get more open enrollment info on the HCA website site starting October 4, 2024

@hca.wa.gov/pebb-oe (for continuation coverage subscribers)



Book Corner

Book Review submitted by Jane Watson

“I Could Not Do Otherwise. The Remarkable Life of Dr Mary Edwards Walker” by Sara Latta

I had a great idea (they come so seldom): I bought my great-granddaughter, due to be born in August, a proof set of the 2024 American Women Quarters. Then I realized I didn't recognize any of the honorees! I called Susan at Inklings, who found some amazing books, so now Isadora has the start of her library. What would you do if you had those books staring at you? I thought you might enjoy a review of one of them: “I Could Not Do Otherwise: The Remarkable Life of Dr. Mary Edwards Walker” by Sara Latta.

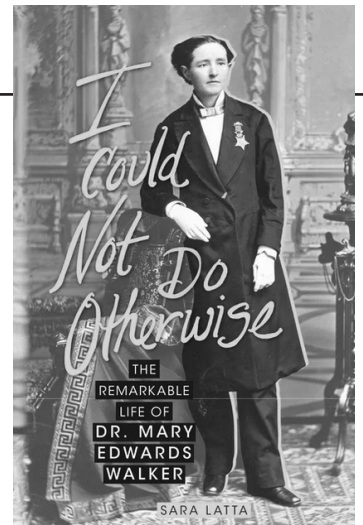
Dr. Mary Edwards Walker (1832-1919), a surgeon, spy, reformer/activist, and the only woman to be awarded the Congressional Medal of Honor, is honored on the 2024 American Women Quarters set as part of the 2024 Profiles of Change honorees. Mary Edwards Walker was born on November 26, 1832, in New York State, fifty years after her great-grandfather fought in the Revolutionary War. Her parents, Alvah and Vesta, were determined to provide their children with a quality education, so they built a schoolhouse where they became the first teachers.

Alvah contracted measles, and much of his recovery was spent reading all the medical books he could find. He gained enough knowledge to provide basic medical care for his family and neighbors. Mary devoured his growing library of medical texts. Alvah's medical studies convinced him that corsets harmed internal organs and made it difficult to breathe, so he encouraged his wife and daughter to wear loose-fitting clothes while working on the farm.

The antislavery movement was important to the Walkers, and their home became a stop on the Underground Railroad. They also supported the women's suffrage movement. At 16, Mary decided to become a doctor. Her parents supported her, but most medical schools refused to admit women. Mary taught school while raising money for medical school, and she was finally admitted to Syracuse Medical College around her 21st birthday. In February 1855, she was awarded a medical degree.

Mary did much more than practice medicine. She served as a doctor during the Civil War and also as a spy, enduring time in a Confederate prison. She was involved in the women's suffrage movement and had a lasting impact on women's clothing.

Mary Edwards Walker is the only woman to have received the Congressional Medal of Honor, which she wore proudly throughout her life. Her life was truly remarkable and well worth reading about.





WE NEED YOUR HELP!

Yakima County School Retirees' Association Wants You!

Our organization, YCSRA, depends on each of its 1,483 members' involvement so our unit can continue to be ACTIVE in advocating for all our members, both working and retired. We actively engage in the legislative process, focusing on pensions, health insurance concerns, and ensuring a sustainable retirement income that meets all our members' needs.

We really appreciate that, of our 1,483 members, almost half are still employed (494). We offer \$12,000 in mini-grants to those still working in schools. This issue of The Voice includes an application for a mini-grant to help those still working achieve success with a little extra support for educational projects.

Those of us who are retired and active in YCSRA have done so for many years! We are a committed group of people who care. This is where we need your help. While we currently have the largest membership of both active and retired members in the state, we are finding it difficult to get people involved in the day-to-day workings of YCSRA by serving in leadership roles. Yakima Unit 34 is admired by other units across the state.

We are so grateful to those of you, both newly retired and not-so-newly retired, who attend our seven almost-monthly General Meetings. It's invigorating to see up to 50 people attend these meetings. We strive to make them FUN! We have door prizes and timely, interesting, and relevant programs. Check us out and see what you think!

Our specific request to those of you already retired is to consider becoming more active by attending a board meeting and getting more involved in our association. We'd like to give a shoutout to Coreen Fortin (Welcome) and John Osegueda (Health), who recently joined our board. They are much appreciated!

Some of us have been involved for over 20 years and realize the need for change. Currently, we do not have a president or a secretary. Linda Trepanier recently resigned after many years as our secretary due to health concerns. A huge thank you to Linda for all her years of service. We have also been without a president for over three years and are currently operating without clear leadership. This is not a sustainable situation. Please give it some thought and consider what a positive experience it could be to get more involved with YCSRA.

If you have any questions or need more information, feel free to call Kathy Schultz or Nick Schultz at (509) 966-9341 or email chevyn@charter.net. We would love to hear from you.

See you on October 7, 2024, at our General Meeting!

LEGISLATIVE REPORT

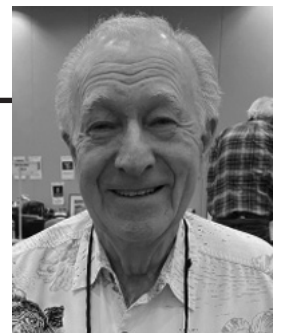
By Larry Scholl

The 2024 General Election is upon us. This election cycle gives us the opportunity to elect or re-elect almost all positions in the Washington State government from the governor to local representatives.

Adding to the challenge for voters, the courts have dramatically shifted the boundaries for Districts 13, 14 and 15. Several legislators were "re-districted" out of their former districts. Some legislators chose to not run again for their former office. Others chose to move their residency to make them eligible to run for their former office. Legislative Districts 14 and 15 pretty much "flip-flopped."

The candidates who made it through the primaries to the general election in November may seem familiar to you in Districts 13 and 14. Legislative District 15 has a slate of candidates who are all new to the state legislative process. If you haven't read your state voter information guide, you should. Be an informed voter and know what these candidates stand for, if they are elected.

We need representatives who are concerned about the plight of the state's Plan 1 retirees and who are willing to stand up and be counted when it comes to enacting legislation that puts Plan 1 on par with every other Washington State retirement system. The Plan 1 retirement system is the only state retirement system without a Cost-of-Living adjustment.



HARMAN CENTER MYSTERY TRIP #3

From Wednesday, August 14th to Friday, August 16th, the Harman Center hosted another fantastic Mystery Trip, with several Yakima County School Retirees' Association members joining Lori Schatz, the Harman Center Tour Director, for this exciting adventure! The group explored sites in Southwest Washington, with an overnight stay at the historic Marcus Whitman Hotel in Walla Walla. It was a wonderful trip, and we're already looking forward to the next one!

Pictured from left to right: Linda Lockwood & Norma Haney; Lori Schatz; Paul & Coreen Fortin; and Kathy & Nick Schultz.



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